Slow Cooker Cookbook

traditional to gourmet recipes

model psc-650



Cuisinart®

Introduction

Get ready to slow down and enjoy meals!

Your Cuisinart® Slow Cooker is designed to have

your favorite one-pot recipes ready and waiting for you.

Slow cooking is a traditional method that tenderizes meats

and melds flavors to produce delicious family dinners

and easy, relaxing suppers with friends.

You can even prepare desserts in your Slow Cooker.

Easy to operate, easy to serve from,

and easy to clean...

enjoy!



Contents

Tips & Hints

- Before food is added, the ceramic pot may be lightly coated with cooking spray so cooked foods release more easily.

- Root vegetables such as carrots and potatoes will take longer to cook. Either cut the pieces smaller or place on bottom of Slow Cooker. Baby carrots, for example, may take longer than other vegetables.

- Ground meats and uncooked sausages should always be browned and drained before adding to Slow Cooker. Smoked sausage such as kielbasa does not need to be browned (though it may add flavor and visual appeal). If browning the night before, make certain the meat is cooked completely through and properly refrigerated. Combine with other ingredients just before slow cooking.

- Browning meats (roasts, chops, cubes for stews) and poultry adds flavor and eye appeal to the finished dishes. It also helps cook out some of the fat.

- In general, cooking for 1 hour on High is the equivalent of cooking for 2 hours on Low.

- If you are not ready to serve food immediately, switch to the Warm mode to hold foods until ready to serve.

- Tender vegetables, or those that you wish to be crisp-tender, should be added during the last 30 minutes of cooking time to prevent overcooking.

- Each time you remove the lid, you will lose heat and will need to add 15 to 20 minutes to your cooking time. If you do need to stir (or peek), lift the lid just slightly so that you can get the spoon or spatula in.

- A fat mop can be used to remove separated fat from slow cooked food by brushing it over the top. Alternatively, the food may be refrigerated, and the congealed fat can then be lifted off and discarded before reheating and serving.

- Many slow-cooked foods such as stews benefit from cooling and refrigerating, then reheating – as the saying goes, stew or chili is always better the second day.

- If using frozen foods, thaw completely before adding to Slow Cooker.

- To cut the fat from recipes, remove as much of the visible fat as possible from meats and poultry. Cook and drain all ground meats. Remove skin from poultry.

- Dried beans should be soaked overnight, then rinsed, drained and rinsed again before cooking. Do not add salt or any acid to beans when cooking, as it will prevent them from softening completely. Dried beans can be cooked ahead, drained and frozen. Thaw before adding to your favorite recipes.

- The Slow Cooker is perfect for foods that require long, slow simmering, such as soups, stocks, stews, and dried beans.

- The Slow Cooker is the perfect way to cook items that require a bain marie, or water bath. We recommend starting out with hot water and cooking on High for most of these recipes.

- Cooking ground meats in the Slow Cooker without browning them first is not recommended, as ground meat has a high incidence of bacterial contamination. Ground meats used in the Slow Cooker should be browned first. We strongly advise against cooking a meatloaf in the Slow Cooker. (The Country Paté in our recipe book is an exception. The meat is ground fresh in the Cuisinart® Food Processor and is cooked in a simmering water bath on the High Setting. When we tested with a probe thermometer, the Paté had reached safe food cooking temperature well within suggested U.S.D.A. recommendations.)

- Most of the recipes in this book are cooked on Low using the timer function, to allow you maximum freedom to go on to do other tasks. Most meats are better when cooked on Low (slower) than on High, and the recipes are written as such. If you prefer to slow cook on High, cut the cooking time in half.

To adapt your own recipes to the Slow Cooker:

- For most recipes, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and you often will end up with more liquid than when you began.

- In most cases, all ingredients can go in the Slow Cooker at once and can cook all day on Low setting. While it is not necessary to brown or sauté vegetables (onions, carrots, celery, peppers, etc.), it may add to the flavor. Browning meats adds to their taste and visual appeal, and helps to remove fat.

- Certain cuts of meat are more appropriate for Slow Cooker cooking: brisket, tip roast, chuck or rump roast, beef bottom round, pork shoulder or Boston butt, lamb shoulder, venison, chicken legs and thighs. Particularly lean cuts such as boneless, skinless chicken breast or “new generation” pork loin or tenderloin may seem dry when prepared in a Slow Cooker. See list of meats that are best in Slow Cooker (page 6).

- Dairy products (milk, sour cream, some cheeses) will break down and curdle during slow cooking. Substitute canned evaporated milk or nonfat dry milk, or add dairy products during the last 30 minutes of cooking.

- When making soups, add solid ingredients to Slow Cooker and then liquid to cover. If a thinner soup is desired, add more liquid to taste.

- If your recipe calls for precooked pasta – UNDERCOOK it.

- Add cooked rice to recipes during last hour of cooking.

Important Guidelines

- The Slow Cooker should always be at least half full for best cooking results; however, the Slow Cooker should never be more than three-quarters full (about 1 inch from the top rim).
- Because the Slow Cooker heats and cooks at low temperatures, food should be at room temperature before it goes into the cooker. If the food is refrigerator temperature, heat it on the high setting for about 2 hours to heat the contents to 140°F before changing to the low setting.
- If foods are to be cooked the next day in the ceramic pot, do not store in the refrigerator overnight.
- Any leftover food should be removed from the ceramic pot and stored in plastic containers up to 2 days, or frozen for future use.
- NEVER use the Slow Cooker to reheat food, as potentially harmful bacteria could develop during the slow cooking process. Remove food from the ceramic pot and reheat in a heat-safe container on a stovetop, or in an oven or microwave. Return food to the ceramic pot and keep warm in an oven, covering with foil, if desired. DO NOT use the glass lid in an oven. DO NOT place the ceramic pot on a stovetop or in a microwave.
- Do not place the ceramic pot directly on a table or countertop.
- Do not add frozen food such as meat or vegetables to Slow Cooker dishes. Heat to room temperature before adding.
- For food safety reasons, whole chickens should not be cooked in a Slow Cooker. They may not reach safe temperature in the proper amount of time.
- When cooking meat, the USDA recommends setting the unit to High for one hour and then reducing the heat to Low.
- Avoid sudden temperature changes. Really cold food or water can crack a hot ceramic pot.
- Never heat the ceramic pot when it is empty.
- Do not touch sides of Slow Cooker ceramic pot or Slow Cooker base while food is cooking.
- Always use potholders or oven mitts when removing the lid or ceramic pot from the base after cooking.

Suggested Foods

Meats

Beef / Veal: Choose cuts that are full of flavor and benefit from braising.

› Arm pot roast

› Beef brisket or corned beef brisket

› Beef short ribs

› Bottom round roast

› Chuck or rump roast

› Chuck shoulder steak

› Veal shanks

Pork: Less tender cuts work best – the lean "new generation pork" may become dry when cooked in Slow Cooker.

› Boston butt roast

› Pork shoulder pieces

› Sausages

› Country-style pork ribs (bone-in)

› Pork shoulder or blade roast

Lamb: Choose flavorful cuts that benefit from braising to tenderize.

› Lamb shoulder

› Lamb stew meat

› Lamb shanks

Poultry: Best choice: dark meat – bone-in and skinless. Breast meat can become dry in texture if cooked too long.

› Chicken or turkey legs and thighs (remove skin to reduce fat)

Game: Game generally tends to be less tender so it is perfect for the Slow Cooker.

› Venison roasts or stew meat

› Pheasant, duck thighs and legs

Recipes

(continued)

Entrees & Sauces

Side Dishes

Desserts

Country Pâté with Cranberries and Pistachios

Makes 12 slices

- 1 tablespoon unsalted butter
- 4 ounces shallots, peeled and chopped
- 1 pound lean pork (trimmed shoulder), cut into 1-inch cubes
- ½ pound veal, cut into 1-inch cubes
- ½ pound chicken thighs, skinless, boneless, cut into 1-inch cubes
- 1 large egg, lightly beaten
- ⅓ cup half-and-half
- ⅓ cup white vermouth or dry white wine
- ⅔ cup shelled white pistachios
- ⅔ cup dried cranberries
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 1 teaspoon herbes de Provence
- 1 teaspoon sage
- ¼ teaspoon allspice
- ⅛ teaspoon freshly grated nutmeg
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon cumin
- cooking spray
- ⅓ pound prosciutto, thinly sliced
- 1 quart boiling water

Heat butter in a 10-inch Cuisinart® nonstick skillet over medium heat. Cook shallots, stirring occasionally, until soft, about 5 minutes. Let cool; reserve.

Insert the metal blade in a Cuisinart® Food Processor. Place pork cubes in the work bowl and pulse 10 to 15 times until finely chopped. Do not overprocess. Remove; place in a large bowl. Place veal cubes in work bowl and pulse to chop; transfer to bowl with pork. Repeat with chicken.

Add cooled shallots, egg, half-and-half, wine, pistachios, cranberries, salt, pepper, herbes de Provence, sage, allspice, nutmeg, cayenne, and cumin to the mixing bowl. Stir to combine thoroughly.

Taste for seasoning by flattening 1 tablespoon of pâté mixture into a patty shape and cooking in a skillet until brown. Adjust seasonings if needed.

Lightly coat an 8½ x 4½ x 2½-inch loaf pan with cooking spray. Line pan with slices of prosciutto, letting ends hang over the edges. Spoon in meat mixture, pressing down to even. Cover with a slice of prosciutto and fold over the ends to cover

the meat mixture. Cut a 20-inch length of aluminum foil, fold to double and coat one side with cooking spray. Cover pan with foil, sprayed side down. Secure with kitchen twine.

Place rack in ceramic pot of the Cuisinart® Slow Cooker. Add boiling water. Carefully place filled and covered loaf pan on rack. Cover and press the on/off button to turn the unit on. Set the time to 3 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. The internal temperature of pâté should be 160°F. Let the pâté stand in the slow cooker until cool enough to handle. Place the covered loaf pan in a shallow baking dish. Cover with another baking dish. Place 3 or 4 one-pound cans on top to weigh down. Refrigerate until completely cool – at least 8 hours or overnight.

Remove foil and loosen pâté with a sharp knife run around the edges. Invert onto a plate. Scrape off and discard congealed juices. Cut into slices and serve with sliced crusty bread, mustard and cornichons.

Nutritional information per slice:
Calories 155 (47% from fat) • carb. 7g • pro. 13g • fat 7g
• sat. fat 3g • chol. 52mg • sod. 293mg • calc. 26mg • fiber 1g

Chili Spiced Nuts

Makes 9 cups

- 1 tablespoon chili powder (mild, medium or hot – to taste)
- 1½ teaspoons ground cumin
- 1½ teaspoons kosher salt
- 1 teaspoon oregano
- ½ teaspoon granulated or powdered garlic
- ¼ teaspoon cayenne pepper
- 1½ cups unsalted shelled whole almonds
- 1½ cups unsalted shelled cashews
- 1½ cups unsalted shelled macadamia nuts
- 1½ cups unsalted shelled pecan halves
- 1½ cups unsalted shelled pistachios
- 1½ cups pepitas
- 3 tablespoons extra virgin olive oil

Place the chili powder, cumin, salt, oregano, garlic powder, and cayenne in a small bowl. Stir to combine; reserve.

Place the nuts in ceramic pot of the Cuisinart® Slow Cooker. Add spice mixture; stir. Drizzle with olive oil and stir to coat. Cover and press the on/off button to turn the unit on. Set time to 30 minutes and press High. When unit switches to warm, remove cover, reset time for 2 hours and press Low. Stir mixture occasionally, about every 15 minutes. Transfer nuts to a baking sheet lined with paper towels to cool before serving or storing. Store in an airtight container for up to 2 weeks.

Nutritional information per serving (2 tablespoons):
Calories 114 (77% from fat) • carb. 4g • pro. 4g • fat 10g • sat. fat 1g • chol. 0mg • sod. 31mg • calc. 18mg • fiber 1g

Spinach, Gruyère & Artichoke Dip

The slow cooker is the perfect vessel to bake our version of this old snack favorite to feed a crowd, especially when your oven is busy with the rest of the meal.

Makes about 2 quarts

- 16 ounces frozen spinach (one bag), thawed
- 2 cans (15 ounces each) quartered artichoke hearts, drained
- 16 ounces reduced fat cream cheese, cut into 1-inch pieces
- ¼ cup evaporated fat-free milk, not reconstituted
- 3 ounces Gruyère, shredded
- 1 garlic clove, finely chopped
- 1 ounce shallot, finely chopped
- 2 ounces Parmesan, grated
- ½ teaspoon Tabasco® or other hot sauce (use more or less to taste)

Brush a 2-quart soufflé dish lightly with olive oil or coat with cooking spray. Place the spinach in a clean, dark kitchen towel and squeeze until all liquid is removed; reserve. Place the artichoke quarters in a towel and squeeze gently to remove excess liquid (do not squeeze too hard); reserve.

Place the cream cheese and evaporated milk in a large bowl. Using a hand-held mixer on medium speed, beat until creamy and smooth. Add the Gruyère, garlic, shallot, and two-thirds of the Parmesan; stir on low speed. Add the reserved artichoke hearts and hot sauce; stir on low speed to blend.

Transfer the mixture to the prepared dish; sprinkle with remaining Parmesan. Place the rack in the Cuisinart® Slow Cooker. Place the filled soufflé dish on the rack.

Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed.

Dip should be puffed and bubbly when done. Serve hot with crackers or sliced French bread.

Nutritional information per serving (2 tablespoons):
Calories 61 (59% from fat) • carb. 3g • pro. 4g • fat 4g • sat. fat 2g • chol. 9mg • sod. 192mg • calc. 95mg • fiber 1g

Mulled Cider

Makes 4 quarts

- 4 quarts fresh unpasteurized apple cider
- 6 slices peeled, fresh ginger, each about the size of a quarter
- 4 whole cinnamon sticks
- 1 whole orange, unpeeled, sliced
- ¼ cup brown sugar
- 1½ teaspoons whole cloves
- 1 teaspoon whole allspice berries

Place all ingredients in the ceramic pot of the Cuisinart® Slow Cooker. Stir to mix. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press Low; slow cooker will automatically switch to Warm after cooking time has elapsed. Strain out orange slices and spices if desired. Ladle into mugs to serve.

Nutritional information per serving (½ cup):
Calories 67 (0% from fat) • carb. 17g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 14mg • fiber 0g

Irish Oatmeal

Makes 8 servings

cooking spray
2 cups steel-cut Irish Oatmeal
2 quarts water
1 teaspoon kosher salt

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Place oatmeal, water and salt in the pot; stir. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press Low; slow cooker will automatically switch to Warm after cooking time has elapsed.

Notes:
For a fruity oatmeal add chopped dried fruits such as apples, pears, plums, apricots, peaches, cherries or cranberries; about 1 to 2 tablespoons per serving. For Cinnamon Irish Oatmeal, add 1 to 2 teaspoons dried cinnamon before cooking

Nutritional information per serving (about 7/8 cup):
Calories 152 (16% from fat) • carb. 27g • pro. 5g • fat 2g • sat. fat 1g • chol. 0mg • sod. 172mg • calc. 5mg • fiber 4g

Apricot Pecan Brown Bread

Makes 8 slices

1	tablespoon unsalted butter, melted
½	cup cornmeal
½	cup rye flour
½	cup whole-wheat flour
1	teaspoon baking soda
½	teaspoon salt
⅓	cup honey
1	cup buttermilk
⅓	cup chopped dried apricots
⅓	cup toasted and chopped pecans

Cut a sheet of aluminum foil 20 inches long. Fold to double (or use a single sheet of heavy duty foil, 10 inches in length. Brush the bottom and sides of an 8½ x 4 x 2-inch/5 Cup loaf pan with butter. Brush an area in the center of the doubled foil the size of the top of the loaf pan with butter. Reserve.

Place the cornmeal, rye flour, whole-wheat flour, baking soda and salt in a medium bowl; stir with a whisk. Add the honey and buttermilk. Stir until blended and smooth. Fold in the apricots and pecans. Turn into the prepared pan. Cover with the foil, buttered side down. Press the foil to the sides of the pan. Use kitchen twine to tie the foil tightly around the sides of the pan.

Place the rack in the ceramic pot of the Cuisinart™ Slow Cooker. Place the covered loaf pan on the rack. Add hot water to come halfway up the pan. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High. Once cooking time elapses, remove loaf pan from the slow cooker using potholders. Place on a cooking rack. Loosen string, lift off foil covering from back to front. Turn bread onto cutting board and slice.

Nutritional information per serving (one slice):
Calories 163 (12% from fat) • carb. 34g • pro. 4g • fat 2g • sat. fat 1g • chol. 5mg • sod. 327mg • calc. 162mg • fiber 3g

Spanish Bean Soup with Chorizo

Makes 12 cups

- ½ pound dried chickpeas (garbanzo beans)
- 1 ham hock (12 ounces) or leftover ham bone
- 12 ounces new potatoes (1 to 1½-inch size), halved or quartered
- 3 teaspoons olive oil, divided
- 8 ounces onions, chopped
- ½ teaspoon saffron threads
- 2 garlic cloves, peeled and chopped
- 8 cups water
- 12 ounces chicken or turkey chorizo, chopped (hot sausage, crumbled or kielbasa, chopped)

Soak chickpeas overnight in water to cover by 3 inches. Drain and rinse. Place in ceramic pot of Cuisinart® Slow Cooker with ham hock or ham bone and potatoes.

Heat 2 teaspoons oil in 12-inch Cuisinart® skillet over medium heat. Add onions; cook 2 to 3 minutes to soften. Stir in saffron and garlic. Cook 2 to 3 minutes longer. Add onion mixture to slow cooker with 8 cups water.

Cover and press the on/off button to turn the unit on. Set time to 2 hours and press High. Once time elapses set timer again for 6 hours and press Simmer; slow cooker will automatically switch to Warm after cooking time has elapsed.

Heat remaining 1 teaspoon oil in same skillet over medium-high heat. Brown chorizo, drain; stir into soup. Slow cook on Low for 45 minutes. If the soup seems too thick, add some more water.

Nutritional information per serving (1 cup):
Calories 103 (18% from fat) • carb. 17g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg • sod. 12mg • calc. 40mg • fiber 6g

Cuban Black Bean Soup

Makes 10 cups

- 1½ pounds dried black beans
- 2 ham hocks
- 8 cups chicken stock
- 2 cups chopped onion
- 1 cup chopped red pepper
- 4 garlic cloves, peeled and chopped
- 1 tablespoon oregano
- ½ teaspoon cayenne pepper
- 1 bay leaf
- 1 teaspoon kosher salt
- 1 tablespoon red wine vinegar
- ⅓ cup dry sherry

Sort beans and pick out any stones or bits of dirt. Soak beans overnight (8 hours or more) in water to cover by 3 inches. Drain and rinse. Place beans in ceramic pot of the Cuisinart® Slow Cooker with ham hocks, chicken stock, chopped onion, red pepper, garlic, oregano, cayenne and bay leaf.

Cover and press the on/off button to turn the unit on. Set time to 2 hours and press High. Once time elapses set timer again for 6 hours and press Simmer; slow cooker will automatically switch to Warm again when cooking time has elapsed.

Remove and discard bay leaf. Remove ham hocks, let cool. When cool enough to handle, remove meat, chop and reserve. Stir in salt.

Use a potato masher or Cuisinart® Hand Blender on Low speed with a gentle up and down motion to mash/purée beans.

You may partially or totally purée the soup. Stir in reserved ham, vinegar and sherry.

Nutritional information per serving (1 cup):
Calories 243 (5% from fat) • carb. 38g • pro. 17g • fat 1g • sat. fat 0g • chol. 5mg • sod. 685mg • calc. 56mg • fiber 13g

Caramelized Onion Soup

Makes 8 servings

- 4 pounds onions, peeled and sliced
- 2 tablespoons unsalted butter, melted
- 2 tablespoons extra virgin olive oil
- 1½ teaspoons kosher salt
- 2 tablespoons unbleached all-purpose flour
- 1 tablespoon brown sugar
- 6 cups meat stock (half chicken and half beef is fine), hot
- 2 tablespoons Port

Combine onions, butter, olive oil and salt in the ceramic pot of the Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time for one hour and press High. Once time elapses, reset time for 5 hours and press Low to cook until nicely browned. Stir every hour so the onions color evenly.

When onions are done, sprinkle in flour and sugar. Cook on Low for 30 minutes, stirring occasionally. Add hot stock and cook on High for one hour. Reduce to Low for 2 hours longer. Stir in Port.

Serve soup with slices of toasted French bread, topped with melted Parmesan cheese.

Nutritional information per serving (¾ cup without cheese):
Calories 190 (31% from fat) • carb. 27g • pro. 6g • fat 7g • sat. fat 2g
• chol. 8mg • sod. 636mg. • calc. 53mg • fiber 3g

Sausage & Lentil Soup with Tortellini

Makes 12 cups

- 1 tablespoon extra virgin olive oil
- 2 pounds turkey or chicken Italian sausage links
- 12 ounces mushrooms, cleaned and quartered
- 1½ cups dried brown lentils, rinsed and drained
- 12 ounces yellow onions, peeled and chopped
- 12 ounces carrots, peeled, thickly sliced
- 2 garlic cloves, peeled and chopped
- 1 tablespoon basil
- 2 teaspoons thyme
- 1 ounce sun-dried tomatoes (not in oil), slivered
- 6 cups low-sodium chicken stock or broth
- 9 ounces cheese filled tortellini (refrigerated)

Heat the olive oil in a Cuisinart® 12-inch nonstick skillet over medium-high heat. When hot, add the sausage in a single layer and brown evenly on all sides, about 10 minutes. Remove and let cool. Add the mushrooms to the same pan and cook to brown, about 3 to 4 minutes. When the sausage is cool enough to handle, cut into ½-inch slices.

Place the lentils in the ceramic pot of the Cuisinart® Slow Cooker. Add the chopped onions, carrots, garlic, browned mushrooms, basil, and thyme; stir to combine. Sprinkle the mixture with the sun-dried tomatoes and top with the sausage and any accumulated juices. Add the chicken stock.

Cover and press the on/off button to turn the unit on. Set time to 2 hours and press High. Once time elapses, reset time to 5 hours and press Simmer; slow cooker will automatically switch to Warm when cooking time has elapsed.

Forty-five minutes before serving, reset the temperature to High – if soup is very thick, add up to 2 cups water. After 15 minutes, add the tortellini. Cover and cook for an additional 30 minutes, until the tortellini are cooked and tender.

Serve with freshly grated Parmesan cheese.

Nutritional information per serving (1 cup, without cheese):
Calories 312 (31% from fat) • carb. 30g • pro. 24g • fat 11g • sat. fat 3g • chol. 51mg • sod. 1015mg • calc. 96mg • fiber 6g

Curried Yellow Pea Soup

Makes 12 cups

- 1 tablespoon unsalted butter
- 8 ounces onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 1 piece ginger (1-inch) peeled, thinly sliced
- 2 tablespoons jalapeño pepper, cored, seeded and chopped
- 1 tablespoon curry powder
- ½ teaspoon cumin seed
- 1 pound yellow split peas, rinsed
- 8 ounces red potatoes, skin on, quartered
- 8 ounces mushrooms, halved
- 8 ounces baby carrots
- 8 ounces parsnips, peeled and cut into 1-inch slices
- 8 ounces cauliflower, separated into 1½-inch florets
- ⅓ cup brown rice
- 4 cups vegetable stock or Roasted Vegetable Stock (page 25)
- 3 cups water

Melt butter over medium-high heat in a 10-inch Cuisinart® nonstick skillet. Cook onion until soft, about 3 to 5 minutes. Add garlic; stir for 1 minute. Add ginger, jalapeño, curry and cumin. Cook until fragrant, 1 to 2 minutes. Transfer to ceramic pot of Cuisinart® Slow Cooker.

Add split peas, potatoes, mushrooms, carrots, parsnips, cauliflower and rice to slow cooker; stir. Add stock and water. Cover and press on/off button to turn the unit on. Set time to 7 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Nutritional information per serving (1 cup):
Calories 170 (15% from fat) • carb. 32g • pro. 6g • fat 3g • sat. fat 1g • chol. 3mg • sod. 73mg • calc. 51mg • fiber 8g

Classic Split Pea Soup

Makes 8 servings

- 2 garlic cloves, peeled
- 8 ounces onion, peeled and chopped
- 1 celery stalk, chopped, top off
- 12 ounces waxy potatoes, cut into ½- inch cubes
- 12 ounces carrots, peeled and thinly sliced
- 6 cups chicken stock (page 24)
- 1 12-ounce ham hock (or roasted turkey leg)
- 1 teaspoon freshly ground pepper
- 1 tablespoon thyme
- ¼ cup dry sherry
- 1 pound green split peas, rinsed

Place all ingredients but the sherry into the ceramic pot of the Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time for 1 hour and press High. Once time elapses reset time for 7 to 8 hours and press Low; slow cooker will automatically switch to Warm until ready to serve.

To reserve, remove ham hock and discard bone; chop meat, and return it to soup. Stir in sherry.

Nutritional information per serving (1 cup):
Calories 135 (4% from fat) • carb. 23g • pro. 8g • fat 1g • sat. fat 0g • chol. 3mg • sod. 378mg • calc. 34mg • fiber 6g

Tomato Soup

Makes 8 servings

- 4 cans (14 ounces each) diced tomatoes, juices drained
- 3 garlic cloves peeled, and chopped
- 1 large onion, peeled, and chopped
- 2 medium carrots, chopped
- 2 medium celery stalks, tops removed, chopped
- 4 cups chicken or vegetable stock
- 1 bay leaf
- 1 teaspoon dried basil
- ½ teaspoon thyme

Place tomatoes, garlic, onion, carrots and celery in the ceramic pot of the Cuisinart® Slow Cooker. Add the stock, bay leaf, basil, and thyme. Cover and press the on/off button to turn the unit on. Set time for 6 hours and press Simmer, until vegetables are tender. Slow cooker will automatically switch to Warm when cooking time has elapsed.

Serve as is for a rustic soup, or purée with a Cuisinart® Hand Blender or blender for a more refined one.

Nutritional information per serving (1 cup):
Calories 58 (2% from fat) • carb. 12g • pro. 3g • fat 0g • sat. fat 0g • chol. 0mg • sod. 437mg • calc. 51mg • fiber 4g

Brown Beef Stock

Makes 8 cups

- 2½ pounds beef and/or veal bones
- 1 pound beef chuck or other stew beef, in 1-inch cubes
- 2 large carrots, peeled, cut into 3-inch lengths
- 2 celery stalks, cut into 3-inch lengths
- 2 large onions, peeled and quartered
- 2 tablespoons olive or vegetable oil
- 6 chives
- 6 sprigs parsley
- 6 sprigs thyme
- 3 garlic cloves
- 12 peppercorns

Preheat oven to 425° F. Arrange bones, beef cubes, and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes. Tie chives, parsley and thyme into a bundle using butcher's twine.

Transfer browned bones, meat, and vegetables to the ceramic pot of the Cuisinart® Slow Cooker. Add bundle of herbs, garlic cloves and peppercorns. Cover with 8 cups cold water. Cover and press the on/off button to turn the unit on. Set time to 2 hours and press High. Once time elapses, reset time to 5 hours and press Simmer; slow cooker will automatically switch to Warm when cooking time has elapsed. Strain, reserving stock; discard solids. Cover and refrigerate. Fat will solidify and come to the top. Remove and discard fat. Keep stock refrigerated until ready to use, up to 5 days, or freeze.

Hint: Freeze in 1-cup amounts to have ready to thaw and use.

Nutritional information per serving (1 cup):
Calories 17 (1% from fat) • carb. 18g • pro. 38g • fat 2g • sat. fat 0g • chol. 0mg • sod. 20mg • calc. 14mg • fiber 0g

Chicken Stock

Makes 8 cups

- 4 pounds chicken wings and/or backs
- 2 medium onions, peeled and quartered
- 2 celery stalks, cut into 2-inch lengths
- 2 carrots, peeled, cut into 2-inch lengths
- 2 leeks, trimmed, halved lengthwise, cleaned
- 2 parsnips, peeled, cut into 2-inch lengths
- 2 bay leaves
- 12 black peppercorns
- 3 sprigs parsley
- 3 sprigs thyme
- 10 cups water

Rinse chicken and drain. Place in ceramic pot of Cuisinart® Slow Cooker along with the onion, celery, carrots, leeks, parsnips, bay leaves, peppercorns, parsley, and thyme. Add water. Cover and press on/off button to turn unit on. Set timer to 3 hours and press High. Once time elapses reset time to 4 hours and press Simmer; slow cooker will automatically switch to Warm again when cooking time has elapsed. Strain, discarding the chicken bones, meat, skin, vegetables, and herbs. Pass through a fine mesh strainer to remove small bits. Cover and refrigerate. When chilled and congealed, remove chicken fat and discard or reserve for another use.

Chicken stock will keep for 3 days in the refrigerator, or can be frozen for up to 6 months.

Hint: Freeze chicken stock in 1-cup containers to use as needed.

For Brown Chicken Stock: Brown stock requires the step of roasting, but adds depth of flavor to the stock. Use this method (using turkey wings) to make Brown Turkey Stock ahead for holiday meals.

Preheat oven to 400°F. Place wings in a Cuisinart® Roasting Pan. Roast in preheated oven for about 30 minutes, until nicely browned. Add vegetables, stir and roast for an additional 10 to 15 minutes, until vegetables are browned. Proceed with recipe.

Nutritional information per serving (1 cup):
Calories 15 (0% from fat) • carb. 1g. • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 80mg • calc. 0mg • fiber 0mg

Roasted Vegetable Stock

Makes 7 cups

- 3 large carrots, peeled, cut into 3-inch lengths
- 2 celery stalks, cleaned, cut into 3-inch lengths
- 2 leeks, roots removed, trimmed to include 2 inches of green, cut in half lengthwise and cleaned
- 2 large onions (6 ounces each), peeled, quartered
- 2 parsnips, peeled, cut into 3-inch lengths
- 2 large red or yellow bell peppers, cored, seeded and quartered
- 8 ounces portobello mushrooms, cleaned, sliced
- 4 garlic cloves
- 2 tablespoons extra virgin olive oil
- 6 sprigs fresh thyme
- 6 fresh chives
- 12 peppercorns

Preheat oven to 450°F. Arrange vegetables and garlic on large baking sheet with sides or in shallow roasting pan. Drizzle with olive oil and toss to coat completely.

Place pan in oven and roast for 25 minutes. Turn vegetables and roast an additional fifteen minutes. Tie thyme and chives together into a bundle using butcher's twine.

Transfer the roasted vegetables and accumulated juices, scraping up and including the flavorful browned bits from the pan, to the Cuisinart® Slow Cooker. Add the bundle of herbs, peppercorns, and 8 cups water. Cover and press the on/off button to turn the unit on. Set the time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Strain vegetables from stock and discard. Cover and refrigerate stock until ready to use.

Nutritional information per serving (1 cup):
Calories 15 (0 from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g • chol. 0g • sod. 530mg • calc. 2mg • fiber 1g

White Chili with Chicken

Makes 13 cups

1	pound white beans
	cooking spray
1	tablespoon good quality olive oil
2	cups chopped onions
1	tablespoon chopped garlic
5	cups low-sodium chicken stock
1½	pounds chicken breast meat, cut into 1-inch cubes
¾	cup prepared salsa verde (from a jar)
2	teaspoons ground cumin
1½	teaspoons oregano
1	teaspoon coriander
1	teaspoon kosher salt
1	teaspoon freshly ground white pepper
2	jalapeño peppers, cored, seeded and minced (optional)
2	cup cut white or yellow corn, (thawed if frozen)
8	lime wedges

Pick over beans and discard any stones or bits of dirt. Soak beans overnight (8 hours) in water to cover by 3 inches. Drain and rinse. Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Heat oil in a Cuisinart® 10-inch skillet over medium heat. Add onions and garlic. Cook until onions are soft, about 5 minutes; transfer to pot. Place stock, beans and chicken in slow cooker. Add salsa, cumin, oregano, coriander, salt, pepper and jalapeños. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High. Once time elapses, reset time to 4 hours and press Simmer; slow cooker will automatically switch to Warm again when cooking time has elapsed. One half hour before serving, turn heat to High; stir in corn. Serve with wedge of lime.

Hint: Sliced or diced avocado makes a good garnish for White Chicken Chili.

Nutritional information per serving (1 cup):
Calories 390 (13% from fat) • carb. 45g • pro. 40g • fat 5g • sat. fat 1g • chol. 65mg • sod. 570 mg • calc. 145mg • fiber 15g

Beef Chili for a Crowd

Makes 16 servings

- cooking spray
- 2 teaspoons good quality olive oil
- 1½ pounds onions, peeled and finely chopped
- 6 garlic cloves, peeled and minced
- 2 teaspoons kosher salt
- ½ teaspoon freshly ground pepper
- 3 pounds lean ground beef
- ½ cup chili powder
- 1½ tablespoons oregano
- 1½ tablespoons cumin
- 1 tablespoon paprika
- 1 red pepper, cored, seeded, chopped
- 1 green pepper, cored, seeded, chopped
- 1 yellow pepper, cored, seeded, chopped
- 2 cans (14 ounces each) diced tomatoes, juices drained, separated
- 2 cans (3 ounces each) tomato paste, salt-free
- 3 tablespoons red wine vinegar
- 3 cans (15–16 ounces each) beans, drained, rinsed and drained again (i.e., black beans, pinto beans and/or red kidney beans)

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Heat a Cuisinart® 12-inch nonstick skillet over medium-high heat and add 1 teaspoon olive oil; sauté onions and garlic until soft. Season with ½ teaspoon salt and ¼ teaspoon pepper. Place in ceramic pot.

In the same skillet, heat another teaspoon of oil; cook ground beef until brown, breaking up clumps with the back of a spoon. Stir in remaining salt and pepper, chili powder, oregano, cumin and paprika; cook over low heat until spices are fragrant. Transfer meat mixture to slow cooker. Add sliced red, green, and yellow peppers. Stir in diced tomatoes, tomato paste and red wine vinegar. Cover and press the on/off button to turn the unit on. Set time to 10 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. One hour before serving, turn heat to High. Stir in beans and slow cook until heated through.

Nutritional information per serving:
Calories 267 (20% from fat) • carb. 28g • pro. 26g • fat 6g • sat. fat 2g • chol. 49mg • sod. 330mg • calc. 90mg • fiber 7g

Heart Smart Turkey Chili

Makes about 16 cups

- 2 tablespoons extra virgin olive oil, divided
- 4 pounds lean ground turkey (7% fat)
- 6 garlic cloves, peeled and finely chopped
- 1½ pounds Spanish onions, peeled and chopped
- ⅓ cup chili powder
- 1 tablespoon ground cumin
- 1½ teaspoons ground allspice
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground coriander
- 1½ teaspoons oregano
- 2 cans (14 ounces each) diced tomatoes
- 1 red bell pepper, cut into 1½ x ¼-inch strips
- 1 yellow bell pepper, cut into 1½ x ¼-inch strips
- 1 cup low-sodium chicken stock
- 2 tablespoons wine vinegar
- 1 bay leaf
- 1 teaspoon kosher salt

Heat one teaspoon olive oil in a Cuisinart® 12-inch skillet over medium-high heat. Add ⅓ of the turkey to the pan and cook until brown, breaking up clumps with the back of a spoon, about 7 minutes. Transfer to the ceramic pot of the Cuisinart® Slow Cooker. Brown the remaining meat in two more batches each with one teaspoon of oil. Heat the remaining one tablespoon of oil over medium heat in the same pan; add the garlic and onion and cook until translucent and softened, about 5 minutes. Add chili powder, cumin, allspice, cinnamon, coriander, and oregano; cook over low heat until fragrant, about 5 minutes.

Transfer onion mixture to the slow cooker. Stir in diced tomatoes, peppers, chicken stock, wine vinegar, bay leaf and kosher salt. Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Serve with chili condiments – shredded lowfat Cheddar or Monterey Jack cheese, diced avocado, chopped tomato, chopped onions, chopped peppers and warm cornbread.

Nutritional information per serving (1 cup):
Calories 323 (51% from fat) • carb. 10g • pro. 30g • fat 18g • sat. fat 5g • chol. 78mg • sod. 301mg • calc. 68 mg • fiber 3g

Corn and Green Chile Chowder

Makes 8 servings

- 4 slices bacon, cut into small dice
- 1 medium onion, cut into small dice (approximately 1½ to 2 cups dice)
- 1 medium red pepper, cut into small dice (approximately 1½ to 2 cups dice)
- 1 celery stalk, finely chopped
- 1 jalapeño pepper, seeds removed, finely chopped
- 3 garlic cloves, finely chopped
- 1½ teaspoons kosher salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 2 tablespoons unbleached, all-purpose flour
- ½ cup beer
- 2 cans (4½ ounces each) chopped green chiles
- 12 ounces red potatoes, washed and cut into 1-inch dice
- 4 cups corn kernels (cut from about 4 ears of corn)
- 1 cup low sodium chicken broth
- ½ cup heavy cream

Place bacon in a 12-inch skillet over medium heat. Once bacon is completely cooked remove and reserve. Add the chopped onion, red pepper, celery, and jalapeño to the skillet. Sauté vegetables until tender, about 5 minutes. Add the garlic and ½ teaspoon of both salt and pepper to the skillet and continue to cook for an additional 3 to 5 minutes.

Stir the flour into the skillet and cook for 2 to 3 minutes. Add the beer, scraping up any brown bits that have accumulated on the bottom of the skillet. Add vegetable mixture to the slow cooker pot of the Cuisinart® Slow Cooker. To the vegetables, add the green chiles, potatoes, corn, ½ teaspoon salt, remaining pepper and chicken broth.

Cover and press the on/off button to turn the unit on. Set the time to 2 hours and press High. Once time elapses, reset time to 6 hours. To serve, stir in reserved bacon. Taste and adjust seasoning accordingly. Set the time again for 6 hours and press Simmer. When slow cooker switches to Warm, stir in heavy cream and remaining salt. Set time to 1 hour on Low. Taste and adjust seasoning accordingly.

Optional: Purée 1 cup of the soup separately with a blender and stir back into the remaining chowder for an extra-creamy texture.

Nutritional information per serving (1 cup):
Calories 194 (30% from fat) • carb. 30g • pro. 6g • fat 7g • sat. fat 4g • chol. 22mg • sod. 520mg • calc. 40mg • fiber 4g

Veal Stew with Mushrooms & Artichokes

Makes about 10 cups

- ½ cup unbleached, all-purpose flour
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 3 pounds veal stew meat, cut into 1-inch cubes
- 8 teaspoons good quality olive oil, divided
- ¾ cup dry sherry
- 1 pound button mushrooms, sliced
- 1½ cups onion, peeled and chopped (about 1 large)
- 2 celery stalk, trimmed, cut into ½-inch pieces
- 1 can (14 ounces) diced tomatoes, drained
- 1 cup chicken stock
- 2 shallots, peeled and minced
- 2 garlic cloves, peeled and minced
- 1 teaspoon ground coriander
- 10 whole sprigs of parsley with stems
- 1 bay leaf
- 2 packages frozen artichokes, thawed
- ¼ cup chopped fresh parsley

Mix the flour, salt and pepper in a pie plate or other flat bowl. Lightly dust veal cubes with seasoned flour, shaking off excess. Heat 2 teaspoons of oil in a Cuisinart® 12-inch skillet over medium-high heat. In 3 batches, brown veal on all sides. Transfer browned veal to the ceramic pot of the Cuisinart® Slow Cooker. After each batch, deglaze pan by adding ¼ cup sherry to the hot skillet, scraping up any brown bits; add to the ceramic pot.

When all meat is browned, add 1 teaspoon oil; brown mushrooms in 2 batches and add to pot. Place onion, celery, tomatoes, chicken stock, shallots, garlic, and coriander in the slow cooker with veal and mushrooms; stir. Place the parsley sprigs on top of the veal mixture. Tuck the bay leaf into the center. Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low; the slow cooker will automatically switch to Warm when cooking time has elapsed. At this point, the stew can wait on Warm until you are ready to finish cooking.

One hour before serving, remove parsley sprigs and bay leaf; discard. Stir in artichokes; cover and slow cook on Low for 1 hour. Garnish with chopped fresh parsley to serve.

Nutritional information per serving (1 cup):
Calories 285 (31% from fat) • carb. 18g • pro. 28g • fat 10g • sat. fat 2g • chol. 85mg • sod. 421mg • calc. 71mg • fiber 6g

Mediterranean Seafood Stew

Makes 6 servings

- ½ pound small new potatoes, skin on, whole
- 4 garlic cloves, peeled and minced
- 2 large onions, peeled, cut into quarters, with root ends intact (to hold them together)
- 2 tablespoons extra virgin olive oil
- 2 cans (14 ounces each) diced tomatoes, juices drained
- 1 can (6 ounces) salt-free tomato paste
- 1 cup clam juice or fish stock
- 1 cup dry white wine or vermouth
- 1 teaspoon saffron
- 1 teaspoon dried basil
- 1 bay leaf
- ½ teaspoon fennel seeds
- ¼ teaspoon peppercorns
- 5 whole sprigs of fresh parsley (stems and leaves)
- 1 small fennel bulb (8 ounces), top off, cut into ½-inch slices
- 18 mussels, scrubbed and debearded if necessary
- 12 jumbo shrimp, peeled, deveined, left whole with tail on
- 12 sea scallops, cut in half horizontally
- ¾ pound white fish, such as scrod, cut into 2-inch pieces
- ½ cup chopped parsley leaves
- grated zest of one orange

Place potatoes, garlic, onion and olive oil in ceramic pot of the Cuisinart® Slow Cooker; stir gently to combine. Add tomatoes, tomato paste, clam juice, wine, saffron and dried basil. Place bay leaf, fennel seeds, peppercorns and parsley sprigs in a 5 x 5-inch square of cheesecloth (or coffee filter) and tie securely with kitchen twine. Add to pot. Cover and press the on/off button to turn the unit on. Set time for 2 hours and press High. Once slow cooker switches to Warm set time for 3 hours and press Simmer. Once time elapses, reset time for 3 hours and press Simmer; the slow cooker will automatically switch to Warm when cooking time has elapsed. At this point the sauce can rest on Warm until one hour before serving.

Raise heat to High, then add fennel slices; cook another 30 to 40 minutes. Add mussels, shrimp, scallops and fish. Continue to cook about 10 to 15 minutes, or until mussels are open, shrimp are pink, scallops and fish are opaque. Garnish with chopped parsley and orange zest.

Ladle stew directly from the pot into warm soup bowls. Serve with crusty bread on the side.

Nutritional information per serving:
Calories 407 (16% from fat) • carb. 32g • pro. 48g • fat 7g • sat. fat 1g • chol. 187mg • sod. 582mg • calc. 155mg • fiber 5g

Seafood Chili

Makes 8 servings

- 3 cups chopped onion
- 6 garlic cloves, peeled and chopped
- 2 jalapeño peppers, seeded and chopped
- 1 red pepper, seeded and chopped
- 1 green pepper, seeded and chopped
- 2 tablespoons chili powder
- 1 tablespoon oregano
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon extra virgin olive oil
- 2 cans (14 ounces each) diced tomatoes with juice
- 2 cans (6 ounces each) chopped clams, drained, ½ cup juice reserved
- 2 tablespoons cornmeal
- 1 pound large shrimp, peeled and deveined
- 1 pound large sea scallops, tough muscle removed
- ¾ pound halibut (or other firm white fish), cut into 1-inch pieces
- 1 pound mussels, rinsed and debearded
- ½ cup chopped fresh cilantro

Combine onions, garlic, jalapeño peppers, red pepper, green pepper, chili powder, oregano, cumin, and coriander with the olive oil in ceramic pot of the Cuisinart® Slow Cooker. Stir in diced tomatoes and ½ cup clam juice. Cover and press the on/off button to turn the unit on. Set timer to 4 hours and press Low; the slow cooker will automatically switch to Warm until you are ready to finish cooking.

Turn heat to High and stir in cornmeal; cover and cook 15 minutes. Add chopped clams, shrimp, scallops, and halibut; stir gently. Place mussels on top. Cook on High for 1 minute or until shrimp are pink and mussels have opened. Garnish with fresh chopped cilantro.

Nutritional information per serving:
Calories 358 (16% from fat) • carb. 16g • pro. 58g • fat 6g • sat. fat 1g • chol. 213mg • sod. 440mg • calc. 161mg • fiber 3g

Chicken Cacciatore

Makes 6 to 8 servings

- 12 ounces yellow onion, peeled and cut vertically into ½-inch thick slices
- 1 green bell pepper, cored, seeded, cut lengthwise into ½-inch-thick slices
- 1 red bell pepper, cored, seeded, cut lengthwise into ½-inch-thick slices
- 1 yellow bell pepper, cored, seeded, cut in ½-inch-thick slices lengthwise
- 5 garlic cloves, peeled
- 2 cans (15 ounces each) diced tomatoes, drained, juices discarded
- ¼ cup tomato paste
- ¼ cup white vermouth or other dry white wine
- 1½ teaspoons oregano
- 1 teaspoon basil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 pounds bone-in, skinless chicken thighs
- ½ cup unbleached, all-purpose flour
- 2 tablespoons extra virgin olive oil
- 8 ounces portobello mushrooms, cut into ½-inch-thick slices
- 1 bay leaf

Place the onions, peppers, garlic, drained tomatoes, tomato paste, vermouth, oregano, basil, salt and pepper in a large bowl. Toss gently to combine. Trim chicken thighs of visible fat. Toss in flour to coat lightly – discard excess flour. Heat one tablespoon olive oil in a 12-inch Cuisinart® nonstick skillet over medium-high heat. Add half the chicken and cook over medium-high heat for 3 minutes on each side until brown. Transfer to a plate and repeat with the remaining chicken. Add the remaining tablespoon olive oil and cook the portobello mushrooms in a single layer until golden brown on each side, about 3 minutes per side. Add the browned portobello mushrooms to the vegetable mixture.

Arrange half the chicken thighs in the ceramic pot of the Cuisinart® Slow Cooker. Top with half the vegetable mixture. Repeat layers. Tuck bay leaf into the center of the mixture. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Remove and discard bay leaf before serving.

Nutritional information per serving (based on 6 servings):
Calories 599 • (37% from fat) • carb. 25g • pro. 61g • fat 23g • sat. fat 6g • chol. 204mg • sod. 571mg • calc. 93mg • fiber 5g

Lemon Chicken with Rosemary

Makes 8 servings

3	pounds bone-in, skinless chicken thighs, trimmed of excess visible fat
¾	teaspoon kosher salt
½	teaspoon freshly ground pepper
1	teaspoon olive oil
½	cup unbleached, all-purpose flour
2	large onions, peeled, halved and sliced
4	garlic cloves, peeled, roughly chopped
2	rosemary sprigs
⅓	cup fresh lemon juice
½	cup chicken broth
2	teaspoons lemon zest
1	lemon, thinly sliced
	chopped rosemary for garnish

Heat a 12-inch Cuisinart® skillet over medium heat.

Season the chicken thighs on both sides with ½ teaspoon of salt and ½ teaspoon of black pepper. Once skillet is hot add the olive oil so that it shimmers across the pan but does not smoke. Dredge half of the chicken thighs in flour to coat lightly. Place chicken in hot skillet skin side down. Brown on both sides about 5 to 7 minutes. It is important not to move the chicken when it is first placed in pan; chicken will come loose once it is browned. Dredge remaining chicken and repeat. Reserve.

Pour all but 1 tablespoon of oil out of the skillet. Sauté onions and garlic for 2 to 3 minutes until softened. Stir in the rosemary sprigs and remaining ¼ teaspoon of salt. Add the lemon juice to the skillet, scraping up any brown bits that remain on the bottom with a wooden spoon. Let juice come to a boil and reduce by half. Add the chicken broth and let come to a boil.

Add onion mixture to the ceramic pot of the Cuisinart® Slow Cooker, and stir in the lemon zest. Nestle the browned chicken thighs in the onion mixture. Place lemon slices on top of the chicken.

Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Taste and adjust seasoning accordingly.

Serve in shallow bowls with rice or mashed potatoes.

Nutritional information per serving:
Calories 437 (49% from fat) • carb. 10g • pro. 44g • fat 24g • sat. fat 6g • chol. 145mg • sod. 656mg • calc. 42mg • fiber 1g

Chicken with 40 Cloves of Garlic

Makes 8 servings

- 4 pounds chicken thighs (about 16), skinless, bone-in
- 2 teaspoons herbes de Provence
- ¼ teaspoon red pepper flakes
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra virgin olive oil
- cooking spray
- 40 cloves garlic, peeled
- ½ celery stalk, sliced
- 1 cup sliced onion and/or shallots
- ½ cup white vermouth or dry white wine
- ¼ tablespoons low-sodium chicken stock
- freshly chopped parsley

In a large bowl, combine the chicken thighs, herbes de Provence, red pepper flakes, salt, pepper, lemon juice and olive oil. Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Layer seasoned chicken, garlic, celery and onions in pot. Pour in wine and chicken stock. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Serve with chopped parsley for garnish.

Nutritional information per serving (based on 8 servings):
Calories 399 (43% from fat) • carb. 9g • pro. 44g • fat 19g • sat. fat 5g • chol. 153mg • sod. 311 • calc. 66mg • fiber 1g

Barbecue Beef Brisket

This is a multi-step process, but well worth the effort. Because brisket is chilled after cooking, it allows you to remove excess fat, and makes slicing easier.

Makes 12 servings

- 1 beef brisket, approximately 4-4½ pounds
- 2 tablespoons light or dark packed brown sugar
- 2 teaspoons Worcestershire sauce
- 2 teaspoons freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon dry mustard
- 1 teaspoon liquid smoke
- 2 medium onions, peeled, cut into ½-inch slices
- ½ cup lager or ale
- 2 cups (more to taste) Barbecue Sauce, page 37, or purchased BBQ sauce

Trim fat cap on top of brisket to ⅛-inch thickness. Do not remove it all – it helps to keep the brisket tender and moist. Combine the brown sugar, Worcestershire, pepper, garlic powder, salt, dry mustard, and liquid smoke. Rub all over the brisket. If time allows, cover and refrigerate overnight to marinate. Make a single layer of the sliced onions in the bottom of the ceramic pot of the Cuisinart® Slow Cooker. Add the lager. Place the coated brisket on top. Cover and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm setting. Remove the brisket, onions and cooking juices from the Slow Cooker and place in a shallow pan. Cover and refrigerate. One hour before serving, remove brisket from refrigerator. Preheat oven to 375°F. Remove hardened fat and discard. Remove brisket from cooking liquid. Strain liquid from onions and reserve for another use (you will have about 2 cups. This may be frozen – it is very good to use in soups); discard onions. Slice meat thinly (⅛ -inch thick slices) while cold.*

Reassemble and place in roasting pan/baking dish. Spread 2 cups Barbecue Sauce evenly over the reassembled roast. Cover pan with lid or foil and place in preheated oven for 30 to 40 minutes, until heated through. Serve hot.

Alternatively the meat can be sliced thickly, then shredded using fingers or two forks. Stir in sauce and reheat until it just bubbles. After reheating, the Barbecue Beef may be placed in the Slow Cooker on Low for 1 hour, then turned to Warm when cooking time has elapsed.

*Thin slices will be easy to achieve using a Cuisinart® Electric Knife.

Nutritional information per serving (based on 12 servings):
Calories 229 (31% from fat) • carb. 14g • pro. 25g • fat 8g • sat. fat 2g • chol. 72mg • sod. 496mg • calc. 38mg • fiber 1g

Barbecue Sauce

Makes 4 cups

- 2 teaspoons unsalted butter
- 1 cup finely chopped onion
- 1 garlic clove, peeled, finely chopped
- 2 cups tomato ketchup
- 1 cup water
- ¼ cup tomato paste (salt-free)
- ¼ cup cider vinegar
- ⅓ cup molasses
- ⅓ cup honey
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce, low-sodium
- 1 tablespoon prepared horseradish
- 1 tablespoon chili powder (heat level to taste)
- 2 teaspoons instant espresso powder
- 1½ teaspoons dry mustard
- 1-2 teaspoons liquid smoke (to taste)
- ½-1 teaspoon hot sauce such as Tabasco®

Melt the butter in a Cuisinart® 3¾-quart saucepan over medium heat. Add onion and garlic; cook over medium heat until softened and opaque, about 3 to 4 minutes – do not brown. Add ketchup, water, tomato paste, vinegar, molasses, honey, Worcestershire sauce, soy sauce, horseradish, chili powder, instant espresso, and dry mustard. Stir to blend. Bring the mixture to a boil. Reduce heat and simmer, uncovered over low heat, about 50 to 60 minutes. Stir in liquid smoke and hot sauce to taste.

Cool and refrigerate in a covered container until ready to use. May also be frozen.

Nutritional information per serving (¼ cup):
Calories 127 (7% from fat) • carb. 29g • pro. 2g • fat 1g • sat. fat 0g
• chol. 1g • sod. 988mg • calc. 79mg • fiber 1g

Dilled Pot Roast

Makes 8 servings

- ⅓ cup unbleached, all-purpose flour
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 4 pounds beef roast, rump, chuck or arm cut
- 2 teaspoons vegetable oil
- 3 tablespoons Dijon-style mustard
- 3 onions, peeled and cut into eighths
- 3 carrots, peeled and sliced into 1-inch pieces
- 2 celery stalks, with tops, cut into 1-inch pieces
- 2 garlic cloves, peeled
- 1½ teaspoons dill seed
- 1 teaspoon peppercorns
- ¼ cup beef stock, low-sodium
- 1 tablespoon red wine vinegar

Sauce

- cooking juices from beef
- 3 tablespoons unbleached, all-purpose flour
- 1 teaspoon Dijon-style mustard
- 1 teaspoon dill weed
- ½ cup lowfat sour cream

Combine flour with salt and pepper. Coat beef with flour mixture, shaking off excess. Heat oil in a Cuisinart® 12-inch skillet over medium-high heat; brown beef on all sides. Transfer to platter or cutting board; cool for a few moments. Rub mustard evenly over all sides of the beef.

Place onions, carrots, celery, garlic, dill seed and peppercorns in the ceramic pot of the Cuisinart® Slow Cooker. Top with the mustard-coated beef. Pour in stock and vinegar. Cover and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Remove beef, transfer to storage container, strain and discard vegetables. Pour cooking juices over beef; cover and refrigerate overnight. One hour before serving, remove beef (reserve juices), and cut off visible fat. Place in a small roasting pan and reheat at 325°F for 30 to 45 minutes. Strain cooking juices into a Cuisinart® 2¾-quart saucepan; discard fat. Add flour, mustard and dill; stir over medium heat until sauce comes to a boil and thickens. Remove from heat, cool briefly and stir in sour cream. Taste for seasoning and add ¼ teaspoon salt if desired. Cut meat into thin slices; pour some sauce over the top and pass the rest in a sauceboat.

Nutritional information per serving (based on 8 servings):
Calories 226 (23% from fat) • carb. 16g .• pro. 9g • fat 3g • sat. fat 1g • chol. 6mg • sod. 420mg • calc. 53mg • fiber 2g

New England Short Ribs

Makes 8 servings

- ½ cup unbleached, all-purpose flour
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 4-4½ pounds short ribs
- 1 tablespoon vegetable oil
- 1 pound onions, peeled and cut into ½-inch dice
- 1 pound carrots, peeled and halved lengthwise
- 1 pound new red potatoes, skin on, cut into 1 to 1½-inch cubes
- ½ pound turnips, peeled and cut into ½-inch dice
- ½ cup prepared horseradish
- 1 cup beef stock

Combine flour, salt and pepper. Coat short ribs with this mixture. Heat oil in a Cuisinart® 12-inch skillet over medium-high heat. Brown ribs and transfer them to a plate to cool a bit. Pour off fat, add onions and cook 1 minute; stir and scrape up all brown bits. Combine with carrots, potatoes and turnips. Coat short ribs with horseradish. Place in the ceramic pot of the Cuisinart® Slow Cooker. Cover with onions, carrots, potatoes and turnips. Pour in stock. Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Strain pan juices or use a fat mop to remove fat.

Nutritional information per serving:
Calories 771 (58% from fat) • carb. 26 • pro. 56 • fat 50g • sat. fat 20g • chol. 106mg • sod. 588mg • calc. 87mg • fiber 6g

Corned Beef with Vegetables

Makes 8 servings

First Cooking

- cooking spray
- 4 pounds corned beef, first cut (flat)
- 2 onions, peeled and cut into 2-inch pieces
- 2 carrots, peeled and cut into 2-inch pieces
- 2 celery stalks with tops, cut into 2-inch pieces
- 5 whole parsley sprigs
- 1 bay leaf
- 1 teaspoon peppercorns
- 6 cups water

To Finish

Sauce

- ⅓ cup orange marmalade
- ⅓ cup Dijon-style mustard
- 2 tablespoons real maple syrup (not pancake syrup) or honey

Vegetables

- 1 pound onions, peeled, cut in half through root end
- 8 carrots, peeled, cut into large serving pieces
- 4 celery stalks, cut into serving pieces
- 2 pounds new potatoes, skins on, cut into serving pieces
- 1½ pounds cabbage cut lengthwise through the root end into 8 pieces

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Rinse the corned beef with fresh water. Place it in the pot with the onions, carrots, celery, parsley, bay leaf and peppercorns. Pour in water to cover. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. When meat is done, transfer to a resealable container with the vegetables and cooking liquid. Cover and refrigerate overnight. The meat can stay like this for up to two days.

When you are ready to finish the corned beef, preheat oven to 375°F. Remove meat from cooking liquid; cut off and discard any visible fat. Strain liquid to degrease juices. Discard vegetables; reserve liquid. Combine marmalade, mustard and maple syrup in a small bowl; spread or brush over the top and sides of meat. Set meat in small roasting pan; heat about 30 to 45 minutes, brushing meat with glaze once or twice.

(continued)

Pour cooking liquid into a Cuisinart® 6-quart saucepan. Add onions, carrots, celery and new potatoes. Top with the cabbage. (You will not have enough liquid to cover – the cabbage steams on top.) Cover and simmer until vegetables are tender, 30 to 45 minutes. To serve, cut meat into thin slices and surround with vegetables. Serve the flavorful broth on the side.

Nutritional information per serving (based on 8 servings):
Calories 669 (42% from fat) • carb. 62g • pro. 37g • fat 32g • sat. fat 10g
• chol. 157mg • sod. 2545mg • calc. 188mg • fiber 14g

Pulled Pork Barbecue

Makes 10 cups

5	pounds bone-in country-style spare ribs
1½	teaspoons kosher salt
1	teaspoon freshly ground black pepper
1	teaspoon paprika
1	pound onions, peeled and thickly sliced
2	cups water
2-3	cups Barbecue Sauce, page 37 (or purchased)

Trim ribs of excess fat. Season with salt, pepper and paprika. Layer seasoned pork and onions in ceramic pot of Cuisinart® Slow Cooker, ending with a layer of onions. Add water. Cover and press the on/off button to turn the unit on. Set time to 10 to 12 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Pork should be tender and falling off the bone.

Transfer pork to a shallow food storage container. Strain liquid and discard onions. Pour liquid over pork. Cover and refrigerate. When chilled, the fat will solidify and rise to the top. Lift off and discard. Remove pork from liquid (which will have gelled); reserve liquid for another use (it is particularly good to use in the Spanish Bean with Chorizo page 16. Cuban Black Bean page 17; or Classic Split Pea, page 21) Soups – it may be strained and frozen, or discarded. Pull pork from bones; discard bones. Trim off and discard fat. Shred pork and place in ceramic pot of Cuisinart® Slow Cooker. Add 2 to 3 cups Barbecue Sauce; stir. Cook for 3 hours on Low or 2 hours on High. Serve on Warm.

Nutritional information per serving (½ cup):
Calories 326 (49% from fat) • carb. 11g • pro. 31g • fat 18g • sat. fat 7g • chol. 107mg • sod. 411mg • calc. 28mg • fiber 1g

Braised Veal Shanks

Makes 4 servings

- 4 sprigs parsley
- 4 veal shanks (about 3-3½ pounds total), about 1¼ inches thick, 3-3½ inches in diameter, tied
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup unbleached, all-purpose flour
- 3 teaspoons extra virgin olive oil
- ¾ tablespoon unsalted butter
- ¾ pound onions, peeled and chopped
- 6 ounces carrots, peeled and chopped
- 6 ounces shallots, peeled and chopped
- 2 ounces celery, peeled and chopped
- 3 garlic cloves, peeled and chopped
- 3 teaspoons herbes de Provence, divided
- 1 can (15 ounces) diced tomatoes, drained
- ¼ cup dry white vermouth
- ¼ cup nonfat, low-sodium chicken stock
- 1 bay leaf
- 1 strip lemon zest

Remove leaves from the parsley, reserving stems. Chop leaves; reserve. Season veal with salt and pepper; dust lightly with flour, shaking off excess. Heat olive oil and butter in a 12-inch Cuisinart® skillet over medium-high heat. When hot, add the veal shanks and cook for 4 to 5 minutes on each side, until nicely browned. Remove and reserve. Add the chopped onions, carrots, shallots, celery, garlic, and herbes de Provence to the skillet. Cook over medium-low heat until onions and shallots are translucent and vegetables are slightly softened, about 5 minutes.

Place cooked vegetables in the ceramic pot of the Cuisinart® Slow Cooker along with the drained diced tomatoes, vermouth, chicken stock, bay leaf, lemon zest, and reserved parsley leaves and stems. Stir to combine. Top vegetable mixture with the browned veal shanks in a single layer. Cover and press the on/off button to turn the unit on. Set time to 6 to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Degrease the cooking liquid with a fat mop, or pour the liquid into a fat separator and allow the fat to rise to the top. Then pour the defatted liquid back into the cooked vegetables. Serve with pasta, rice, or polenta.

(continued)

Tip: Make your chopping task easy by using a Cuisinart® Food Processor fitted with the metal blade to chop the vegetables. First chop the parsley leaves and remove. Then with the machine running, drop garlic through the feed tube and process 5 seconds to chop. Add onion (cut into 1-inch pieces) and pulse to chop; remove. Pulse to chop shallots (cut into 1-inch pieces) remove. Pulse to chop carrots (cut into 1-inch pieces) and remove. Pulse to chop celery (cut into 1-inch pieces). The chopping is done in just a few moments.

Nutritional information per serving:
Calories 607 (20% from fat) • carb. 20g • pro. 100g • fat 13g • sat. fat 4g • chol. 381mg • sod. 686mg • calc. 179mg • fiber 4g

Slow Cooked Lamb Shanks with White Beans

Makes 4 to 6 servings

- ½ pound dried white beans (cannellini or navy)
- 4 lamb shanks (about ¾ to 1 pound each)
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 medium onion, peeled and chopped
- 1 medium carrot, peeled and chopped
- 1 celery stalk, chopped
- 4 garlic cloves, chopped
- 1 teaspoon herbes de Provence
- ⅓ cup dry red wine
- 1 can (28 ounces) plum tomatoes, drained well and roughly chopped
- 2 tablespoons tomato paste
- 1 bay leaf

Soak beans overnight or at least 8 hours in water to cover by 3 inches. Drain and pick over beans and rinse. Place the beans in the ceramic pot of the Cuisinart® Slow Cooker.

Trim the lamb shanks of as much visible fat and silver skin as possible. Season them with ½ teaspoon of the salt and ½ teaspoon of the pepper. Heat olive oil and butter in a 12-inch Cuisinart® sauté pan over medium-high heat. When hot add the seasoned lamb shanks and brown well on all sides. Remove and reserve. Reduce heat to low and add chopped onion, carrot, and celery; cook over low heat until vegetables are softened, about 3 to 4 minutes. Add the chopped garlic, remaining salt and pepper and the herbes de Provence and sauté for an additional 2 minutes. Stir in the red wine, scraping any brown bits that may have accumulated on the bottom of the pan with a wooden spoon. Finally, stir in the chopped tomatoes and the tomato paste – stir the vegetable/tomato mixture together with the beans. Tuck the bay leaf and the browned lamb shanks into the mixture. Transfer to slow cooker.

(continued)

Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Remove lamb shanks and degrease as necessary. Taste and adjust seasonings accordingly. Serve one lamb shank per person, or remove the meat from the bones and serve up to 6 diners.

Nutritional information per serving (based on 6 servings):
Calories 781 (22% from fat) • carb. 56g • pro. 89g • fat 19g • sat. fat 6g
• chol. 240mg • sod. 585mg • calc. 209mg • fiber 12g

Penne Lasagna

Makes 12 cups

- 1 cup freshly grated Parmesan
- 15 ounces part-skim ricotta
- 1 pound part-skim mozzarella, shredded, ½ cup reserved for topping
- 3 teaspoons extra virgin olive oil, divided
- 8 ounces white mushrooms, sliced
- 1½ teaspoons kosher salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 pound frozen chopped spinach, thawed and drained until very dry*
- 1 large onion, peeled and finely chopped
- 4 garlic cloves, peeled and minced
- ½ pound ground turkey
- 4 cans (14 ounces each) diced tomatoes, juices drained, divided
- 1 can (15 ounces) tomato sauce
- 2 teaspoons dried basil
- 1 teaspoon oregano
- 12 ounces mini penne (or other small tubular pasta) par-cooked 5 minutes (until barely cooked), drained and cooled
- cooking spray

Combine Parmesan, ricotta and all but one cup of the mozzarella. Reserve. Heat a Cuisinart® 12-inch nonstick skillet over medium-high heat; add 1 teaspoon oil and sauté mushrooms until golden brown. Season with ½ teaspoon salt and ¼ teaspoon pepper. Mix with drained spinach. Reserve.

Heat 1 teaspoon oil; sauté onions and garlic until soft, about five minutes. Set aside. In the same skillet, heat 1 teaspoon oil and brown the ground turkey; transfer to bowl with onions. Stir in 1 cup diced tomatoes, and the remaining salt and pepper. Reserve. Combine tomato sauce, remaining diced tomatoes, basil and oregano; stir into pasta.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the pasta mixture, make a layer on the bottom of the ceramic pot. Spread meat mixture evenly over pasta. Cover with ½ the cheese mixture. Make a second layer of pasta; top with spinach and mushroom mixture. Cover with remaining ricotta cheese mixture. Make a final layer of pasta and top with reserved mozzarella. Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

(continued)

*To drain spinach thoroughly, first squeeze out as much water as possible with your hands. Lay the spinach on a clean towel, roll up, and wring out the rest. You will end up with about ½ cup dry spinach that can then be mixed with the mushrooms.

Nutritional information per serving (½ cup):
Calories 394 (35% from fat) • carb. 39g • pro. 24g • fat 15g • sat. fat 8g • chol. 45mg • sod. 930mg • calc. 574mg • fiber 6g

Red Beans & Sausage

Makes 8 servings

- 1 pound dried red beans
- cooking spray
- 1 ham hock (12 ounces)
- 1 cup chopped onion
- 1½ cups chopped green pepper
- 1 bay leaf
- 1 tablespoon chili powder
- 4 cloves garlic, peeled and chopped
- 1 tablespoon oregano
- ½ tablespoon thyme
- 1 tablespoon dry coriander
- 1 tablespoon dried basil
- 4 cups low-sodium chicken broth
- 1 tablespoon extra virgin olive oil
- 2 pounds turkey kielbasa, cut into 8 portions
- 1 teaspoon Tabasco®, or to taste
- ½ teaspoon kosher salt

Soak beans in water to cover by 3 inches overnight (at least 8 hours). Drain, pick over beans and rinse. Lightly coat the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Combine the drained beans, ham hock, onion, green pepper, bay leaf, chili powder, garlic, oregano, thyme, coriander, basil, and chicken broth in the pot. Cover and press the on/off button to turn the unit on. Set timer to 6 hours and press Low; the slow cooker will automatically switch to Warm when cooking time has elapsed.

Heat oil in a 12-inch Cuisinart® skillet over medium heat. Brown the turkey kielbasa on all sides, about 5 minutes, and add to slow cooker. Cook for another 2 hours. Remove ham hock and cut meat from the bone. Return the meat to slow cooker and discard the bone. Add Tabasco® to taste. Add salt if desired. Serve with cooked white rice.

Nutritional information per serving:
Calories 420 (28% from fat) • carb. 45g • pro. 33g • fat 14g • sat. fat 6g • chol. 65mg • sod. 1777mg • calc. 95mg • fiber 10g

Macaroni with Four Cheeses

Makes 12 cups

- 1 pound elbow macaroni
- 4 tablespoons unsalted butter
- 4 tablespoons unbleached, all-purpose flour
- 4 cups fat-free evaporated milk, not reconstituted
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 12 ounces reduced-fat sharp Cheddar, shredded
- 8 ounces Gruyère (not processed), shredded
- cooking spray
- 1 can diced tomatoes (14 ounces), drained (about 1½ cups)
- 8 ounces part-skim mozzarella, shredded
- 1 cup fresh breadcrumbs
- 1 ounce freshly grated Parmesan, about ¼ cup

Parboil elbow macaroni about 5 minutes, until very al dente but cooked through. Rinse under cool water in a colander, drain thoroughly and set aside in a large bowl.

Melt butter in a Cuisinart® 3¾-quart saucepan; stir in flour. Cook, stirring constantly for 3 minutes. Add milk; stir until it boils. Stir in Worcestershire sauce, dry mustard, salt and pepper. Turn off heat; stir in Cheddar and Gruyère until blended. Add to pasta and stir to combine.

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Add half the macaroni mixture. Spread the drained tomatoes in a layer; top with the mozzarella, then the remaining macaroni. Combine breadcrumbs and Parmesan; sprinkle over top. Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Nutritional information per serving (¾ cup):
Calories 371 (36% from fat) • carb. 34g • pro. 25g • fat 15g • sat. fat 9g • chol. 46mg • sod. 507mg • calc. 649mg • fiber 1g

Tomato Sauce

Makes about 10 cups

- 1 tablespoon extra virgin olive oil
- 1 pound onions, peeled, finely chopped
- 12 ounces carrots, peeled, chopped
- 4 celery stalks, peeled, finely chopped
- 3 garlic cloves, peeled, finely chopped
- 1 tablespoon dried basil
- ½ tablespoon dried marjoram
- ½ tablespoon dried oregano
- 2 cans (35 ounces each) plum (Italian) tomatoes
- 1 can (28 ounces) tomato purée, salt-free if available
- 3 tablespoons salt-free tomato paste
- ½ cup dry white wine or vermouth
- 1 teaspoon kosher salt

Heat the olive oil in a Cuisinart® 12-inch skillet over medium heat. Add the chopped onions, carrots, celery, and garlic; cook until the vegetables are softened, but not browned, about 5 minutes. Add the basil, marjoram, and oregano; cook until the herbs are aromatic, 2 to 3 minutes longer.

Place the cooked vegetables in the ceramic pot of the Cuisinart® Slow Cooker. Add the tomatoes, tomato purée, tomato paste, wine and salt to the slow cooker and stir to blend. Cover and press the on/off button to turn the unit on. Set time to 8 hours and press Simmer; slow cooker will automatically switch to Warm when cooking time has elapsed. For a smoother sauce, use a Cuisinart® Hand Blender or regular blender to purée the sauce to desired consistency.

Nutritional information per serving (1 cup):
Calories 133 (11% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 639mg • calc. 98mg • fiber 6g

New Potatoes with Rosemary

Makes 6 servings

- 4 pounds new potatoes, washed but left whole
- 2 tablespoon extra virgin olive oil
- 3 tablespoons finely chopped fresh rosemary
- 3 garlic cloves, peeled and minced
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper

Combine all ingredients in ceramic pot of Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Nutritional information per serving:
Calories 154 (14% from fat) • carb. 31g • pro. 3g • fat 2g • sat. fat 0g • chol. 0 • sod. 118mg • calc. 15mg • fiber 3g

"Almost" Baked Potatoes

Makes 4 servings

- 4 russet baking potatoes (about 10 ounces each), scrubbed and dried
- 1 teaspoon good quality olive oil

Prick each potato several times with the tines of a fork; rub each with ⅓ of the olive oil. Place rack in the ceramic pot of the Cuisinart® Slow Cooker. Arrange potatoes on rack, evenly spaced.

Cover and press the on/off button to turn the unit on. Set time to 7 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Nutritional information per serving:
Calories 319 (4% from fat) • carb. 72g • pro. 7g • fat 1g • sat. fat 0 • chol. 0 • sod. 23mg • calc. 28mg • fiber 7g

Warm Baked Potato Salad

This salad may be assembled and served while potatoes are warm, or chilled to serve later.

Makes 7 cups

- ⅔ cup fat-free plain yogurt, strained to yield ⅓ cup*
- ½ cup lowfat mayonnaise
- 2 tablespoons fresh lemon juice or white balsamic vinegar
- ½ tablespoon Dijon-style mustard
- ½ tablespoon dill weed (dry, double if using fresh)
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 4 "Almost" Baked Potatoes, still warm (page 52)
- 2 celery stalks, thinly sliced
- ½ cup finely chopped red onion

Place the strained yogurt, mayonnaise, lemon juice, mustard, dill, salt, and pepper in the work bowl of the Cuisinart® Food Processor fitted with metal chopping blade. Process until blended and smooth, 20 seconds. Cut the potatoes into bite-sized pieces, including the skins. Place in a large bowl with celery and onions. Toss to combine. Add yogurt/mayonnaise mixture. Stir to coat potatoes. Serve warm, or cover and refrigerate until ready to serve.

*To strain yogurt, place in yogurt strainer or fine sieve lined with a paper coffee filter. Place over bowl and allow the whey to drain out; the yogurt will thicken and may be used as a spread or in dressings without being watery.

Nutritional information per serving (½ cup):
Calories 178 (22% from fat) • carb. 32g • pro. 4g • fat 4g • sat. fat 1g • chol. 5mg • sod. 266mg • calc. 42mg • fiber 3g

Mashed Potato Pie

Makes 8 servings

- 1 tablespoon unsalted butter, softened
- ¼ cup fresh breadcrumbs
- 1 cup freshly grated Parmesan, divided
- 4 cups cooked potato pulp, or leftover mashed potatoes
- 2 cups lowfat sour cream
- 1 cup lowfat ricotta
- 3 large eggs, lightly beaten
- 2 green onions, cut into ¼-inch slices
- 1 quart very hot water

Generously butter the bottom and sides of a 2-quart soufflé dish. Combine breadcrumbs and 2 tablespoons Parmesan. Sprinkle mixture on bottom and sides of prepared dish. Reserve excess crumbs. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a “cradle”; reserve.

In a large bowl, using a Cuisinart® Hand Mixer on low speed, combine potatoes, sour cream, ricotta, eggs, remaining Parmesan and green onion. Transfer to prepared soufflé dish. Top with reserved crumb mixture. Set the dish in the center of the long strip of folded foil and bring up the sides to meet – twist together to form a handle.

Place the rack in ceramic pot of the Cuisinart® Slow Cooker. To place the covered soufflé dish on the rack, use the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Carefully pour water into the bottom of ceramic pot. Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve. Potatoes will be puffed and slightly brown on the top.

Nutritional information per serving (based on 8 servings):
Calories 264 (38% from fat) • carb. 28g • pro. 13g • fat 11g • sat. fat 7g • chol. 42mg • sod. 344mg • calc. 334mg • fiber 2g

Party Potatoes

Makes 12 servings

- 3 pounds russet potatoes, peeled and cut into 2-inch pieces
- 2 teaspoons kosher salt, divided
- 2 tablespoons unsalted butter
- 2 medium onions, peeled and chopped
- ½ teaspoon freshly ground pepper
- ¾ cup lowfat sour cream
- 8 ounces lowfat cream cheese, cut into 1-inch pieces
- 2 garlic cloves, peeled and minced
- cooking spray

In a Cuisinart® 3¾-quart saucepan, cover the potatoes with cold water; add 1 teaspoon salt. Cook over medium-high heat until tender, drain well and place in large mixing bowl.

While the potatoes are boiling, prepare the onions for topping. Melt butter in a 12-inch Cuisinart® skillet. Cook onion, stirring occasionally, until reduced and very lightly browned. Season with remaining salt and pepper. Transfer to large mixing bowl.

Beat potatoes with a Cuisinart® Hand Mixer, starting on low speed. Add sour cream, cream cheese and minced garlic. Turn mixer to medium high; beat until smooth and slightly fluffy. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a "cradle"; reserve. Spray the bottom and sides of a 2-quart soufflé dish with cooking spray. Fill with potato mixture. Top with onions. Set the dish in the center of the long strip of folded foil and bring up the sides to meet, twisting them together to form a handle. To place the covered soufflé dish on the rack, use the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack.

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm when cooking time has elapsed. Potatoes will be puffed and onions browned. Remove the soufflé dish from the slow cooker using the foil strips to lift it.

Nutritional information per serving:
Calories 263 (26% from fat) • carb. 42g • pro. 7g • fat 8g • sat. fat 5g • chol. 20mg • sod. 527mg • calc. 91mg • fiber 3g

Butternut Squash & Mushroom Scallop

Makes 8 servings (9 cups)

- 1 ounce Parmesan, cut in half
- 2½ ounces bread, about 3 slices, crusts on, torn into quarters
- 1 teaspoon thyme
- 2 tablespoons unsalted butter, divided
- 2 garlic cloves, peeled and cut in half
- 2 shallots, peeled and cut in half
- 1 tablespoon olive oil
- 1 pound white mushrooms, sliced
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- cooking spray
- 4 pounds butternut squash, trimmed, cut into ⅛" slices

To grate the cheese, drop pieces through the small feed tube of a Cuisinart® Food Processor while the machine is running. Process until almost grated and drop the bread pieces through the tube; pulse until they become fine crumbs. Add the thyme and 1 tablespoon butter. Pulse until combined. Reserved seasoned crumbs.

In the same work bowl, with the motor running, drop garlic and shallot through the small feed tube and process until they are finely chopped. In a Cuisinart®12-inch skillet, warm 1 tablespoon olive oil over medium high heat. Sauté the garlic, shallots and mushrooms together until they are lightly browned (if mushrooms crowd the pan, brown in two batches). Season with salt and pepper. Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Using ½ of the squash, make a layer on the bottom. Continue layering with ½ the mushroom mixture and then ½ the crumbs. Repeat. Cut remaining tablespoon of butter into small pieces and dot the top. Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:
Calories 196 (27% from fat) • carb. 33g • pro. 6g • fat 7g • sat. fat 3g • chol. 11mg • sod. 831mg • calc. 156mg • fiber 8g

Corn Pudding

Makes 8 servings

- cooking spray
- 2 teaspoons unsalted butter
- 1 cup chopped onion (about one small onion)
- 1 pound cut corn, fresh or frozen, thawed and patted dry, divided
- 4 large eggs
- 2 cups evaporated fat-free milk, not reconstituted
- ¼ cup yellow cornmeal
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper to taste
- 2-4 drops hot sauce
- 1 quart very hot water

Lightly coat a 2-quart soufflé dish with cooking spray; set aside.

Melt butter in a Cuisinart® 10-inch skillet over medium high heat. Add onion. Cook, stirring about 5 minutes (until translucent). Reserve.

Place 2 cups of corn into work bowl of a Cuisinart® Food Processor. Pulse four or five times, to chop corn roughly. Add eggs, evaporated milk and onion; pulse until mixed. Place the remaining 2 cups corn in a 1½-quart mixing bowl; sprinkle with ¼ cup cornmeal. Add chopped corn mixture. Stir until just mixed. Season with salt, pepper and hot sauce to taste. Transfer to prepared soufflé dish.

Place small rack in ceramic pot of the Cuisinart® Slow Cooker. Add hot water to pot. Place filled soufflé dish on rack. Cover and press the on/off button to turn the unit on. Set time to 3½ hours and press Low. Slow cooker will automatically switch to Warm when cooking time has elapsed. Casserole will be puffed and golden.

Nutritional information per serving (based on 8 servings):
Calories 174 (23% from fat) • carb. 24g • pro. 10g • fat 5g • sat. fat 2g • chol. 109mg • sod. 410mg • calc. 200mg • fiber 2g

Ratatouille

Makes 12 cups

- 1½ pounds eggplant, cut into ½-inch dice
- 1½ teaspoons kosher salt, divided
- 1 pound zucchini, cut into ½-inch half moons
- 1 pound yellow summer squash, cut into ½-inch dice
- 1 large red bell pepper, cored, seeded and cut into ½-inch dice
- 1 large yellow pepper, cored, seeded and cut into ½-inch dice
- 2½ cups diced tomatoes, fresh or canned, juices drained
- 1 cup tomato purée (salt-free if available)
- 2 cups chopped onion
- 2 tablespoons chopped garlic
- ½ cup sun-dried tomatoes, not oil-packed, cut into slivers
- ¼ cup chopped fresh parsley
- 2 teaspoons dried basil
- 2 teaspoons herbes de Provence
- 1 teaspoon freshly ground pepper
- 2 tablespoons extra virgin olive oil

Place eggplant in a colander over a plate or in the sink. Sprinkle with ½ teaspoon salt; toss to combine. Let rest at least 45 minutes. Rinse well to remove salt; dry thoroughly with a towel. Combine eggplant, zucchini, yellow squash, peppers, tomatoes, tomato purée, onions, garlic, sun-dried tomatoes, parsley, basil, herbes de Provence, and pepper in the ceramic pot of the Cuisinart® Slow Cooker. Drizzle with olive oil. Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low; slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving (¾ cup):
Calories 92 (24% from fat) • carb. 17g • pro. 3g • fat 3g • sat. fat 0g • chol. 0mg • sod. 287mg • calc. 50mg • fiber 5g

Roasted Beet Salad

Makes 8 servings

- 3 pounds fresh beets
- 3 tablespoons white balsamic vinegar or fruit flavored vinegar
- 1 teaspoon Dijon-style mustard
- ¼ teaspoon kosher salt
- ⅛ teaspoon freshly ground pepper
- 4 tablespoons vegetable oil
- 2 tablespoons walnut oil
- 2 bunches watercress, washed, dried, tough stems removed
- 2 heads of endive, cut into ¼-inch pieces on the diagonal
- ½ cup shelled white pistachios, lightly salted

Remove stems and leaves from beets, leaving about 2 inches of stem. Scrub beets well to remove dirt. Place beets on cooking rack in ceramic pot of Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time to 2½ hours and press High. Once beets are cooked through, remove to cool. Turn off slow cooker.

Once beets are cool enough to handle, rub each with a paper towel to remove the skins. (Beets may be sliced or diced and served warm at this point.) Cool/chill whole beets while preparing salad. Place vinegar, mustard, salt, and pepper in a small bowl. Whisk to emulsify. Add the oils in a slow, steady stream while whisking, and continue whisking to emulsify; reserve. (The dressing may also be prepared in a food processor or blender.) Cut cooled beets into ½-inch cubes; reserve. Place a wide layer of watercress on a large serving platter. Next, make a narrower layer of endive slices. Top with a mound of beets. Sprinkle with pistachios. Drizzle with vinaigrette.

Note: Salad may also be composed on 8 individual plates.

Nutritional information per serving:
Calories 236 (52% from fat) • carb. 24g • pro. 6g • fat 15g • sat. fat 2g • chol. 0mg • sod. 575mg • calc. 122mg • fiber 8g

Spinach Timbale

Makes 8 servings

1	pound frozen chopped spinach, defrosted
4	tablespoons unsalted butter, divided
1	ounce Parmesan, grated
½	cup fresh breadcrumbs
½	cup minced shallots
3	tablespoons unbleached, all-purpose flour
1½	cups evaporated fat-free milk, not reconstituted
4	ounces shredded Gruyère, (about ½ cup)
1	teaspoon kosher salt
½	teaspoon freshly ground pepper (or to taste)
½	teaspoon grated fresh nutmeg
4	eggs, separated
1	quart very hot water

To drain spinach thoroughly, first squeeze out as much water as possible with your hands. Lay spinach on a clean kitchen towel, roll up and wring out the rest. One-quarter cup very dry spinach will remain. Set aside.

Coat the inside of a 2-quart soufflé dish with 2 teaspoons butter. Combine cheese and breadcrumbs. Dust prepared dish with crumb mixture; reserve remaining crumb mixture. Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a "cradle"; reserve.

Melt remaining butter in a 1¾-quart Cuisinart® saucepan over medium heat; add shallots and cook, stirring until softened. Add flour and stir for a minute. Pour in milk; stir occasionally until sauce is thickened. Remove from heat and add Gruyère. Season with salt, pepper and nutmeg. Place egg whites in a large mixing bowl; beat with a hand-held electric mixer or whisk until stiff peaks form. Set aside.

Place egg yolks in another large mixing bowl. Beat with mixer on Low, or whisk, for 1 minute. Gradually incorporate the hot cream sauce; beat 1 minute. Stir in spinach. Scoop ¼ of whites into spinach mixture and stir to lighten mixture. Gently fold in remaining beaten egg whites, taking care not to deflate mixture. Pour the mixture into prepared soufflé dish and sprinkle top with remaining crumbs. Set the dish in the center of the long strip of folded foil and bring up the sides to meet, twisting them together to form a handle. Place the rack in the ceramic pot of the Cuisinart® Slow Cooker.

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Carefully pour hot water into bottom of pot. To place filled soufflé dish on rack, use the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack.

Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. Remove the soufflé dish from the slow cooker using the foil strips to lift it. Serve timbale warm.

Nutritional information per serving (based on 8 servings):
Calories 247 (52% from fat) • carb. 15g • pro. 15g • fat 14g • sat. fat 8g • chol. 140mg • sod. 440mg • calc. 422mg • fiber 2g

Stewed Green Beans and Tomatoes

Makes 8 servings

- 2 pounds green beans
- 8 ounces onion, peeled and chopped
- 2 garlic clove, peeled and chopped
- 2 tablespoon fresh parsley, finely chopped
- 1 teaspoon dried basil
- ½ teaspoon kosher salt
- 2 cans (14 ounces each) diced tomatoes, drained, ¼ cup juice reserved
- 1 tablespoon extra virgin olive oil
- ¼-½ cup crumbled feta or chèvre cheese, optional

Trim stem ends from beans; cut into 1¼-inch lengths. Combine onion, garlic, parsley, basil, salt, diced tomatoes and reserved juice.

Layer ½ of the green beans in the ceramic pot of the Cuisinart® Slow Cooker; top with ½ of the tomato mixture. Repeat. Drizzle olive oil over top.

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Garnish with crumbled cheese if desired.

Nutritional information per serving (without cheese):
Calories 89 (19% from fat) • carb. 17g • pro. 3g • fat 2g • sat. fat 0g • chol. 0mg • sod. 131mg • calc. 81mg • fiber 6g

Succotash

Makes about 10 servings

- 2 pounds fresh or frozen (thawed) cut sweet corn
- 20 ounces lima beans, thawed
- 1 pound zucchini, cut into 1-inch pieces
- 1 red pepper (8 ounces), cored, seeded and diced into ½-inch pieces
- 1 cup chopped onion
- 2 cans (14 ounces each) diced tomatoes, drained, ¼ cup juice reserved
- 1 tablespoon instant tapioca
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon thyme

Combine ingredients with reserved tomato juice in ceramic pot of the Cuisinart® Slow Cooker.

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low; slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:
Calories 179 (5% from fat) • carb. 39g • pro. 8g • fat 1g • sat. fat 0g • chol. 0mg • sod. 272mg • calc. 43mg • fiber 7g

Sweet Potatoes & Apples

Makes 12 servings

- 3 pounds sweet potatoes, peeled and cut into ¼-inch slices
- 4 tablespoons unsalted butter, melted
- 1 teaspoon herbs de Provence, divided
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- cooking spray
- 2 red-skinned apples, skin on, cored and cut into ¼-inch slices
- 1 onion, peeled, quartered and cut into ¼-inch slices
- 1 cup vegetable or chicken stock

In a large bowl, toss potatoes with melted butter; season with herbes de Provence, salt and pepper. Combine apple and onion in another bowl.

Lightly coat the interior of ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Using ⅓ of the potatoes, make a single layer around the bottom of the slow cooker. Top with ½ of the apple and onion mixture. Make a second layer with ⅓ of the potatoes; top with remaining apples and onions. Finish with remaining potatoes. Pour stock over casserole.

Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low; slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving (¾ cup):
Calories 305 (19% from fat) • carb. 60g • pro. 3g • fat 6g • sat. fat 4g • chol. 16mg • sod. 245mg • calc. 40mg • fiber 9g

Vegetable Tian

Makes 8 servings

- 8 ounces fresh breadcrumbs
- ½ cup chopped parsley leaves
- 2 garlic cloves, peeled and chopped
- ½ ounce Parmesan cheese, grated
- 2 tablespoons extra virgin olive oil
- 1 tablespoon unsalted butter, melted
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 1 pound all-purpose potatoes in their skins, washed, cut into ⅛-inch slices
- 2 large zucchini (1 pound total), cut into ⅛ -inch slices
- 1 pound Italian plum tomatoes, cut into ⅛-inch slices
- cooking spray

To make seasoned breadcrumbs, combine crumbs, parsley, garlic, Parmesan, olive oil and butter in a medium bowl. Stir to blend and coat crumbs with oil and butter; reserve. Combine thyme, oregano, salt and pepper in a small bowl; reserve. Pat dry excess liquid from tomatoes with paper towel.

Lightly coat the interior of ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Distribute half the crumb mixture on bottom. Arrange potatoes in a circular layer. Season with half the herb mixture. Repeat layering with zucchini, herbs, tomatoes and top with remaining breadcrumb mixture.

Cover and press the on/off button to turn the unit on. Set time to 6 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Nutritional information per serving:
Calories 200 (29% from fat) • carb. 31g • pro. 6g • fat 7g • sat. fat 2g • chol. 6mg • sod. 347mg • calc. 76mg • fiber 3g

Wild Mushroom Ragout

Makes 8 cups (8 servings)

- cooking spray
- 2 ounces dried mushrooms (shiitake, porcini)
- 10 ounces mixed wild mushrooms (shiitake, cremini, oyster, chanterelle)
- 3 tablespoons unsalted butter, divided
- 3 tablespoons extra virgin olive oil, divided
- 1½ cups minced shallots
- ½ cup dry sherry
- 1 pound white button mushrooms, quartered
- 1 pound (approximately) portobello mushrooms, cut into ½-inch slices
- 1 red bell pepper, cored, seeded, thinly sliced
- 4 green onions, cut into ⅛-inches slices
- ½ cup lightly packed chopped parsley, divided
- 1 teaspoon thyme
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- 3 tablespoons salt-free tomato paste
- 1 cup chicken or vegetable stock

Lightly coat interior of ceramic pot of the Cuisinart® Slow Cooker with cooking spray.

Place dried mushrooms in small bowl; cover with 2 cups boiling water. Let stand for 10 minutes; drain, reserving soaking liquid. Remove and discard tough stems; chop. Place in ceramic pot of Cuisinart™ Slow Cooker with mixed wild mushrooms.

Heat 1 tablespoon each butter and olive oil in a 12-inch Cuisinart® nonstick skillet over medium heat. Add shallots; cook until soft, about 5 minutes. Add sherry; bring to boil. Cook until reduced by half. Add to mushrooms in slow cooker.

Heat ½ tablespoon each butter and oil in same skillet; cook white mushrooms until golden in two batches. Transfer to slow cooker. Brown portobellos in remaining butter/oil in 2 batches. Transfer to slow cooker. Add red pepper, green onions, parsley, thyme, salt and pepper to slow cooker. Combine tomato paste, reserved mushroom liquid and chicken stock; stir in. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low; slow cooker will automatically switch to Warm until ready to serve.

Serve as a side dish or as a topping for bruschetta.

Nutritional information per serving:
Calories 204 (42% from fat) • carb. 24 • pro. 5g • fat 10g • sat. fat 3g • chol. 12mg • sod. 246mg • calc. 31mg • fiber 4g

Ginger Poached Pears

No time to fuss with dessert – here is one to fix and forget.
Served chilled it is an easy, do-ahead dessert that is healthy too.

Makes 8 servings

- juice of 1 lemon
- 3 cans ginger ale
- 4 strips lemon peel, 2 x ½", bitter white pith removed
- 12 slices (size of a quarter) fresh ginger
- 8 medium pears (Bartlett, Anjou, or Bosc), slightly underripe, but fragrant – with stems
- ¼ cup chopped crystallized ginger
- Honey Yogurt Cream (recipe follows)
- Chocolate Glaze (recipe follows)

Combine lemon juice and 4 cups water in a medium bowl. Place the ginger ale, lemon peel, and fresh ginger in the ceramic pot of the Cuisinart® Slow Cooker; stir. Peel the pears, leaving the stem intact; cut a thin slice from the bottom of each pear so that it stands upright. As each pear is peeled, dip into the lemon water to prevent darkening and stand it in the ginger liquid in the slow cooker.

Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low. When pears are tender, turn slow cooker off. Allow pears to cool in poaching liquid. Chill in liquid. (If desired, before serving, liquid may be thickened to a syrup-like consistency by simmering until it is reduced by half.)

To serve, arrange each pear on a deep plate (rimmed soup bowl works well). Spoon poaching liquid over pears. Garnish with a dollop of Honey Yogurt Cream, Chocolate Glaze and sprinkle with chopped crystallized ginger.

Nutritional information per serving:
Calories 174 (5% from fat) • carb. 44g .• pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 14mg • calc. 43mg • fiber 5g

Honey Yogurt Cream

Makes about 2 cups

8 ounces fat-free vanilla yogurt
8 ounces light sour cream
2-3 tablespoons honey
1½ teaspoons vanilla extract
½ teaspoon almond extract

Place vanilla yogurt in a yogurt strainer or strainer lined with a coffee filter. Let drain for 2 hours to remove whey; discard whey. Place strained yogurt, sour cream, honey, and extracts in a medium bowl. Whisk until smooth and blended. Keep refrigerated until ready to use.

Nutritional information per serving (2 tablespoons):
Calories 73 (21% from fat) • carb. 12g • pro. 3g • fat 2g • sat. fat 1g • chol. 10mg • sod. 47mg • calc. 81mg • fiber 0g

Chocolate Glaze

Makes about 1 cup

6 ounces semisweet chocolate
¼ cup unsalted butter
2 tablespoons light corn syrup

Combine the ingredients in a 1½-quart Cuisinart® saucepan. Stir over low heat until melted and smooth. Let cool 10 minutes before using.

Nutritional information per serving (1 tablespoon):
Calories 87 (64% from fat) • carb. 89g • pro. 0g • fat 7g • sat. fat 4g • chol. 8mg • sod. 4mg • calc. 4mg • fiber 0g

Stewed Rhubarb

Makes 8 cups

4 pounds fresh rhubarb stalks, washed and dried

2 cups granulated sugar

Slice rhubarb ¼ to ½-inch thick. Place rhubarb in the ceramic pot of the Cuisinart® Slow Cooker and stir in the sugar. Let stand at room temperature for 1 to 2 hours, until the rhubarb gives up liquid. Cover and set the slow cooker to Low. Cook for 4 to 5 hours. Press the on/off button to the turn unit on. Set time to 5 hours and press Low; slow cooker will automatically switch to Warm when cooking time is elapsed.

Transfer to resealable containers and refrigerate until ready to use. Use to top oatmeal or as a topping for vanilla ice cream.

Nutritional information per serving (1 cup):
Calories 120 (2% from fat) • carb. 30g • pro. 1g • fat 1g • sat. fat 0g • chol. 0g • sod. 5mg • calc. 98mg • fiber 2g

Baked Apples

Makes 6 servings

- 1 cup packed brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon freshly grated nutmeg
- ⅓ cup dried cherries or cranberries
- ⅓ cup raisins
- ⅓ cup slivered almonds, lightly toasted
- 6 large baking apples (Rome, Granny Smith, Braeburn, or Gala)
- 1 tablespoon unsalted butter, cut into ¼-inch pieces
- ½ cup apple juice or cider

Mix brown sugar with cinnamon and nutmeg in a medium bowl. Set aside ¼ cup sugar mix for topping. Add cherries, raisins and almonds and combine to make filling.

Core apples ¾ of the way down. With a melon baller, scrape out a small cavity (about ¼ cup). Peel top ⅓ of the apples. Stuff some filling in each cavity. Reserve any excess filling.

Place prepared apples in ceramic pot of the Cuisinart® Slow Cooker. Sprinkle remaining sugar and spice mix over tops. Dot each with ½ teaspoon butter. Pour apple juice around edges. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

To serve, place apples on dessert plates. Top with any loose nuts and fruit. Drizzle with pan juices.*

*Note: You can thicken the cooking juices to make a sauce. Carefully strain liquid into a Cuisinart® 1¾-quart saucepan; set over medium high heat and boil until reduced and thickened. Pour over apples or serve on the side.

Nutritional information per serving:
Calories 351 (17% from fat) • carb. 75g • pro. 2g • fat 7g • sat. fat 2g • chol. 7mg • sod. 16mg • calc. 71mg • fiber 6g

Raspberry Swirl Cheesecake

Makes one 7-inch cheesecake

Raspberry Sauce*

1½	cups frozen or fresh raspberries
⅓	cup granulated sugar
½	cup water
	fresh lemon juice (from ½ lemon)
½	teaspoon cornstarch
	cooking spray
⅓	cup graham cracker crumbs
1½	tablespoons granulated sugar
1	tablespoon unsalted butter, melted

Filling

16	ounces cream cheese
1	cup granulated sugar
¼	teaspoon table salt
	zest of 1 lemon
2	large eggs
1	large egg white
1½	teaspoons pure vanilla extract
½	cup sour cream

In a medium saucepan, combine the first 5 ingredients. Stir to combine. Cover; heat on low for 15 to 20 minutes, or until sauce has thickened. Strain into a bowl; place over a bowl of ice water to cool.

While the raspberry sauce is cooking, prepare the cheesecake. Lightly coat the bottom and sides of a 7-inch springform pan with nonstick cooking spray. Reserve.

In a small bowl, mix the graham cracker crumbs, sugar and butter, with a fork until combined. Press the graham cracker mixture into the bottom of the prepared pan. Reserve.

Place cream cheese, sugar, salt and zest in a medium bowl. Using a Cuisinart® hand mixer fitted with the beater attachments, beat until smooth and homogenous. Add eggs and egg white, one at a time, mixing well between each addition. Mix in the vanilla until combined. Gently fold in the sour cream. Pour mixture into the prepared pan.

Drizzle 3 tablespoons of the reserved, cooled raspberry sauce on top of the cheesecake. Using a paring knife, swirl into batter. Reserve the remaining sauce for serving.

Place the rack in the ceramic pot of the Cuisinart® Slow Cooker. Place the springform pan on the rack. Cover and press the on/off button to turn the unit on. Set time for 2 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. Set timer to 30 minutes.

(continued)

Remove cheesecake from slow cooker. Cool to room temperature. When cool, cover with plastic wrap; refrigerate for at least 6 hours before serving.

To serve, cut cake into 8 slices. Serve with reserved raspberry sauce.

*An alternate to the Raspberry Sauce is the following:

6 tablespoons raspberry jam

2 tablespoons granulated sugar

2 tablespoons water

½ tablespoon fresh lemon juice

Combine all the ingredients in a small saucepan. Let simmer 8 to 10 minutes. Cool to room temperature. Drizzle 3 tablespoons, in a spiral, over the cheesecake before cooking.

Nutritional information per serving (based on 8 servings):
Calories 500 (18% from fat) • carb. 100g • pro. 3g • fat 10g • sat. fat 6g
• chol. 47mg • sod. 398mg • calc. 47mg • fiber 1g

.

Apple Streusel Cheesecake

Makes one 7-inch cheesecake

- ½ teaspoon + 2 tablespoons butter, divided
- 1 apple, peeled and cored, cut in quarters
- 1 tablespoon lemon juice
- 1½ teaspoons ground cinnamon
- ½ cup brown sugar + 1 tablespoon, divided
- 1 cup vanilla wafers or gingersnap crumbs (about 24 cookies), broken up
- 16 ounces lowfat cream cheese, cut into 1-inch pieces, at room temperature
- 2 large eggs
- 3 tablespoons half-and-half
- 1 tablespoon cornstarch
- 1 teaspoon vanilla

Lightly coat the bottom and sides of a 7-inch springform pan with ½ teaspoon butter.

Insert 4-mm slicing disc in Cuisinart® Food Processor; cut apple to fit large feed tube. Place apple halves in feed tube; use medium pressure to slice. Remove apples, toss with lemon juice, cinnamon and 1 tablespoon brown sugar; reserve. Wipe work bowl dry with a paper towel.

Insert metal blade in Food Processor. Place cookies in work bowl, pulse to chop, then pulverize into crumbs. Add 2 tablespoons butter and process until blended, 30 seconds. Press into bottom of springform pan. Do not wash work bowl.

Place cream cheese and remaining ½ cup sugar. Process until smooth, 30 seconds; scrape sides and bottom of work bowl. Process 30 seconds longer; scrape work bowl. Add eggs, process 20 seconds, scrape work bowl. Add half-and-half, cornstarch, and vanilla; process until smooth, 20 seconds. Pour ½ the cream cheese mixture in the prepared spring form pan. Top with ½ apple mixture. Repeat.

Place the rack in the ceramic pot of the Cuisinart® Slow Cooker. Place the springform pan on the rack. Cover and press the on/off button to turn the unit on. Set time to 2½ hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed.

Turn off. Lift the cheesecake from the slow cooker using hot pads and place on a wire rack to cool completely. When cool, place in the refrigerator for at least 8 hours before serving.

Nutritional information per serving (based on 8 servings):
Calories 313 (49% from fat) • carb. 32g • pro. 9g • fat 17g • sat. fat 9g • chol. 89mg • sod. 378mg • calc. 118mg • fiber 1g

Chocolate Ricotta Cheesecake

Makes one 7-inch cheesecake

- ½ teaspoon + 2 tablespoons butter, divided
- ¼ cup lightly toasted, finely chopped hazelnuts
- ⅔ cup chocolate cookie crumbs
- 1 cup lowfat ricotta
- 12 ounces lowfat cream cheese
- ½ cup granulated sugar
- ¼ cup unsweetened cocoa powder
- 2 large eggs
- 3 tablespoons half-and-half
- ¼ cup Frangelico
- 2 tablespoons cornstarch
- 1 teaspoon pure vanilla extract
- ½ cup mini chocolate morsels

Lightly coat the bottom and sides of a 7-inch springform pan with ½ teaspoon butter.

Combine remaining butter, chopped nuts and cookie crumbs. Press crust mixture into bottom of springform pan.

Place ricotta, cream cheese, sugar and cocoa in work bowl of a food processor and process 30 seconds; scrape sides and bottom of work bowl. Process another 30 seconds; scrape work bowl. Add eggs and process 20 seconds; scrape work bowl. Add half-and-half, Frangelico, cornstarch and vanilla; process 20 seconds (or mix using a hand-held electric mixer).

Pour into pan, sprinkle with chocolate morsels and swirl into batter. Place the rack in the ceramic pot of the Cuisinart® Slow Cooker. Place the springform pan on the rack. Cover and press the on/off button to turn the unit on. Set time to 2 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. Set timer to 30 minutes. Turn slow cooker off and let cheesecake rest in slow cooker for 30 minutes. Once the cheesecake has rested for 30 minutes remove it from the slow cooker using hot pads, and place on a wire rack to cool completely. When cool, place in the refrigerator for at least 8 hours before serving.

Nutritional information per serving (based on 8 slices):
Calories 366 (57% from fat) • carb. 27g • pro. 12g • fat 24g • sat. fat 11g • chol. 89mg • sod. 411mg • calc. 210mg • fiber 4g

Lemon Cheesecake

Makes one 7-inch cheesecake

- 1 teaspoon unsalted butter
- ½ cup graham cracker crumbs*
- 2 tablespoons granulated sugar
- 1 tablespoon unsalted butter, cut into 4 pieces
- 16 ounces reduced-fat cream cheese, cut into 1-inch pieces, at room temperature
- ½ cup granulated sugar
- 2 large eggs, at room temperature
- 2 tablespoons fresh lemon juice
- 1 tablespoon grated lemon zest**
- ½ teaspoon vanilla extract
- ½ teaspoon lemon extract

Lightly coat the bottom and sides of a 7-inch springform pan with 1 teaspoon unsalted butter; reserve.

Place the graham cracker crumbs the 2 tablespoons of sugar and the butter in the work bowl of a Cuisinart® Food Processor fitted with the metal blade. Process for 30 seconds. Press the graham cracker mixture into the bottom of the prepared 7-inch springform pan.

Place cream cheese and ½ cup of sugar in a medium bowl. Using a hand-held electric mixer on medium speed, beat until very smooth. Add eggs, one at a time, then beat in lemon juice, zest, and extracts.

Pour the mixture into the springform pan. Set the rack in the ceramic pot of the Cuisinart® Slow Cooker. Place the springform pan on the rack. Cover and press the on/off button to turn the unit on. Set time to 2 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. Set timer for 30 minutes. Once the cheesecake has rested for 30 minutes, remove it from the slow cooker using hot pads, and place on a wire rack to cool completely. When cool, place in the refrigerator for at least 8 hours before serving.

*If you want to make your own graham cracker crumbs, crumble 4 graham cracker sheets into 1-inch pieces. Place in work bowl of Cuisinart® Food Processor fitted with the metal blade. Pulse to chop, then process continuously to pulverize into crumbs, about 30 to 40 seconds.

**Remove the outer zest from a clean, dry lemon, using a vegetable peeler. Use a thin-bladed knife to remove the bitter white pith from the strips of lemon peel.

Nutritional information per serving (based on 8 slices):
Calories 286 (44% from fat) • carb. 32g • pro. 9g • fat 14g • sat. fat 7g • chol. 77mg • sod. 420mg • calc. 89mg • fiber 0g

Chocolate Terrine with Chocolate Cookie Crust

Makes 16 servings

1	pound bittersweet or semisweet chocolate, chopped
1½	cups half-and-half
½	teaspoon table salt
25	chocolate wafers, crushed
4	tablespoons unsalted butter, melted
4	large eggs, lightly beaten
3	tablespoons Kahlúa®

Line a loaf pan, 8½ x 4½ x 3 inches, with aluminum foil.

Place the chocolate, half-and-half and salt in a medium saucepan over low heat. Cook, stirring often, until about ⅔ of the chocolate has melted, about 8 to 10 minutes. Remove from heat; let stand about 5 minutes.

While the chocolate is resting, prepare the cookie crumb crust. Place the chocolate wafers in the work bowl of a Cuisinart® Food Processor fitted with the chopping blade. Pulse until roughly chopped. With the motor running, add the butter through the feed tube in a slow and steady stream. Process until just combined. Reserve.

Using a Cuisinart® Hand Mixer set on the lowest speed, add the eggs and Kahlúa® to the chocolate mixture. Mix until blended and smooth.

Press the chocolate cookie crumbs into the bottom of the prepared pan. Pour the chocolate mixture on top.

Place the oval rack into the ceramic pot of the Cuisinart® Programmable Slow Cooker. Add 4 cups warm water to the pot. Place the filled loaf pan on the rack. Cover and press on/off button to turn unit on. Set time for 2½ hours and press High; slow cooker will automatically switch to Warm when time has elapsed. Remove; cool completely on a wire rack. Cover with plastic wrap; chill for at least 8 hours.

To serve, unmold, carefully removing the foil. Cut into 16 slices; serve with fresh berries if desired.

Nutritional information per serving:
Calories 281 (62% from fat) • carb. 24g • pro. 5g • fat 22g • sat. fat 12g • chol. 69mg • sod. 28mg • calc. 52mg • fiber 2g

Applesauce

Makes about 7 cups

4	pounds red apples*, washed	sugar, optional
2	lemons, juiced	cinnamon, optional

Core apples, but do not peel. Cut into 2-inch chunks. Mix lemon juice with enough water to make 1 cup.

Add the apples and water mixture to Cuisinart® Slow Cooker. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed.

Use a potato masher to smash apples for a chunky applesauce, or purée the apple mixture in ceramic pot using a hand blender. Use a gentle up and down motion, moving the hand blender throughout the ceramic pot – do not lift completely out of the applesauce while blending. Season with sugar and/or cinnamon if desired.

*Some apples are more appropriate for applesauce. You may use all of one variety or mix to create your own blends. They may be peeled or not. For applesauce, try the following red varieties: McIntosh (blended with others), Elstar, Cortland, Fuji, Gala, Braeburn, Cameo, Criterion, Rome, Sierra Beauty, Spartan, Winesap, and York Imperial. Green varieties good for applesauce include Pippin and Gravenstein – they should be peeled first.

Nutritional information per serving (½ cup):
Calories 98 (5% from fat) • carb. 25g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 2g • calc. 10mg • fiber 4g

Note: To make Apple Butter from Apple Sauce, stir 1½ cups packed brown sugar into puréed Apple Sauce in slow cooker, along with 1 tablespoon ground cinnamon, 1 teaspoon ground allspice, 1 teaspoon freshly grated nutmeg, and ½ teaspoon ground cloves. Cook on Low without covering for 1 to 3 hours (time will depend on moisture of apples), until mixture is thick. Cool and place in jars to store in refrigerator.

Apricot Almond Bread Pudding

Makes 8 servings (2 quarts)

- 3 ounces dried apricots, diced
- ¼ cup Kirschwasser®, brandy or amaretto
- 1 teaspoon unsalted butter
- 3 tablespoons unsalted butter, melted, divided
- 5 cups bread, cut into ½-inch cubes
- ½ cup sliced almonds, toasted
- 3 large eggs
- ⅔ cup granulated sugar
- 1 can (12 ounces) fat-free evaporated milk
- 1 teaspoon vanilla
- 5 cups very hot water

Soak apricots in Kirsch for ½ hour; drain and reserve liquor. Cut a piece of aluminum foil 20 inches long, and fold in half to a piece 10 inches long. Lightly butter one side with ¼ teaspoon unsalted butter; reserve. Cut another piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a "cradle"; reserve.

Coat the inside of a 1-quart soufflé dish with remaining ¾ teaspoon unsalted butter. Layer ½ of the bread cubes on the bottom. Sprinkle with half the apricots and half the almonds. Drizzle with half the melted butter. Repeat. Pour remaining melted butter over top. Beat eggs and sugar until thick, using a Cuisinart® Hand Mixer on low speed. Add milk, vanilla and reserved Kirsch; mix thoroughly. Pour egg mixture over bread layers. Cover with the buttered foil. Secure tightly with kitchen twine. Set the dish in the center of the long strip of folded foil and bring up the sides to meet, twisting together to form a handle. Place the rack in the ceramic pot of the Cuisinart® Slow Cooker. To place the soufflé dish on the rack, use the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack. Carefully pour hot water in bottom of ceramic pot. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press Low. Remove the soufflé dish from the slow cooker using the foil strips to lift it. Cool completely on a wire rack.

Note: You may substitute dried cherries for the dried apricots for a Cherry Vanilla Bread Pudding.

Nutritional information per serving (based on 8 servings):
Calories 415 (29% from fat) • carb. 58g • pro. 13g • fat 14g • sat. fat 5g • chol. 95mg • sod. 356mg • calc. 212mg • fiber 2g

Chocolate Pudding Cake

Makes 8 to 12 servings

- 1 teaspoon unsalted butter, room temperature
- 1¼ cups granulated sugar, divided
- 1 cup unbleached, all-purpose flour
- ¼ cups + 3 tablespoons unsweetened cocoa powder, divided
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup + 1 tablespoon reduced fat milk, hot
- ⅓ cup unsalted butter, melted
- 1½ teaspoons vanilla extract
- ½ cup packed light brown sugar
- ½ cup chopped pecans, lightly toasted
- 1 teaspoon espresso powder
- 1¼ cups hot water
- ¼ tablespoons Kirschwasser® or Kahlúa®
- vanilla ice cream or frozen yogurt

Lightly coat a 2-quart soufflé dish with teaspoon butter.

Combine ¾ cup granulated sugar in large bowl with the flour, 3 tablespoons cocoa, baking powder and salt. Add hot milk, melted butter, and vanilla. Using a Cuisinart® Hand Mixer on low speed, beat until smooth. Spread into prepared soufflé dish.

Stir together remaining ½ cup granulated sugar, brown sugar, remaining ¼ cup cocoa and toasted pecans in small bowl; sprinkle mixture evenly over batter. Combine hot water, espresso and Kirschwasser; pour over batter. Do not stir.

Insert rack in the ceramic pot of the Cuisinart® Slow Cooker. Place soufflé dish on the rack. Cover and press the on/off button to turn the unit on. Set time to 3 hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. Let stand for 30 minutes before serving.

Serve warm or chilled in dessert dishes, spooning both cake and pudding-like mixture on bottom into the dish. Add a scoop of vanilla ice cream or frozen yogurt, if desired.

Nutritional information per serving (based on 12 servings):
Calories 394 (30%) from fat • carb. 65g • pro. 4g • fat 14g • sat. fat 6g
• chol. 23mg • sod. 147 mg • calc. 46mg • fiber 3g

French Vanilla Rice Pudding

Makes 18 servings

- cooking spray
- 2 cups Arborio rice, uncooked
- 5 cans (12 ounces each) fat free evaporated milk (not reconstituted)
- 2 cans (14 ounces each) lite coconut milk
- ½ cup water
- 1⅔ cups granulated sugar
- 1 vanilla bean, slit in half lengthwise
- 1 tablespoon pure vanilla extract

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Add rice. Stir in milks and sugar. Scrape in seeds and add pod of vanilla bean.

Cover and press the on/off button to turn unit on. Set time for 4 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed. Remove and discard vanilla bean, stir in vanilla extract.

Serve warm. Chill leftover rice pudding in a bowl, covered with a sheet of plastic wrap place directly on the surface, to prevent a skin from forming.

Nutritional information per serving (⅔ cup):
Calories 202 (11% from fat) • carb. 36 • pro. 8g • fat 3g • sat. fat 2g • chol. 0mg • sod. 112mg • calc. 273mg • fiber 0g

Peach Cobbler

Makes 8 servings

- 2 pounds fresh peaches, skinned, (or frozen and defrosted) cut into ½-inch slices
- ¼ cup packed brown sugar
- 1 tablespoon instant tapioca
- 1 teaspoon ground ginger
- 2 cups prepared granola, without fruit
- 2 tablespoons melted unsalted butter
- cooking spray

Cut a piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a "cradle"; reserve.

Place peaches in a large bowl. Combine brown sugar with tapioca and ginger. Toss with peaches. Mix granola with melted butter and stir 1½ cups into peaches. Reserve ½ cup for topping. Lightly coat a 2-quart soufflé dish with cooking spray. Transfer peach mixture to soufflé dish; top with remaining ½ cup of granola. Set the dish in the center of the long strip of folded foil and bring up the sides to meet, twisting together to form a handle.

Place the cooking rack in the ceramic pot of the Cuisinart® Slow Cooker. Set soufflé dish on rack by using the foil cradle to help lift the dish, and carefully lower the dish into the pot and place on the rack.

Cover and press the on/off button to turn the unit on. Set time to 5 hours and press Low. Slow cooker will automatically switch to Warm until ready to serve.

Remove the soufflé dish from the slow cooker using the foil strips to lift it. Serve with freshly whipped cream, ice cream or vanilla yogurt.

Nutritional information per serving:
Calories 257 (27% from fat) carb. 46g • pro. 4g • fat 8g • sat. fat 5g • chol. 7mg • sod. 63mg • calc. 36mg • fiber 4g

Steamed Chocolate Cherry Pudding

Makes 12 servings

- 3 tablespoons Kirsch
- ½ cup dried cherries
- 4½ tablespoons butter, room temperature, divided
- 1 tablespoon unsweetened cocoa
- 4 ounces unsweetened chocolate, chopped
- 4 ounces semisweet chocolate, chopped
- 2 cups unbleached, all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 large eggs
- 1 cup granulated sugar
- 1 cup reduced-fat milk
- ¼ cup lightly toasted and chopped hazelnuts
- 1 quart hot water

Cut a piece of aluminum foil 20 inches in length; double over. Lightly coat foil with ½ teaspoon butter, reserve. Cut another piece of aluminum foil about 24 inches long. Fold in half lengthwise, then fold in half again two more times to create a strip about 24 inches in length and 2 inches wide to make a "cradle"; reserve. Cut a piece of kitchen twine 36 inches in length.

Heat Kirsch until very warm, but not boiling. Add cherries and macerate for ½ hour. Lightly coat the bottom and sides of a 2-quart soufflé dish with ½ tablespoon butter and dust with cocoa. Set aside. Place unsweetened chocolate and semisweet chocolate with remaining butter in a Cuisinart® 1¾-quart saucepan. Melt over low heat.

Mix flour, baking powder and salt in a separate bowl. Beat eggs and sugar until thick, using a Cuisinart® Hand Mixer on medium high speed, about 5 minutes. Reduce speed to low and mix in ⅓ of the flour mixture and ½ the milk, alternately, ending with the flour. Gently incorporate cherries, Kirsch and hazelnuts.

Pour pudding into prepared soufflé dish. Cover with buttered foil. Secure with twine. Set the dish in the center of the long strip of folded foil and bring up the sides to meet, twisting them together to form a handle. Place the cooking rack in the ceramic pot of the Cuisinart® Slow Cooker. Pour hot water into the bottom of the pot. Set covered dish on rack, using the foil cradle to help lift the dish and carefully lower the dish into the pot and place on the rack. Cover and press the on/off button to turn the unit on. Set time to 2½ hours and press High; slow cooker will automatically switch to Warm when cooking time has elapsed. Carefully remove the soufflé dish from the slow cooker using the foil strips to lift it.

Nutritional information per serving (based on 12 servings):
Calories 342 (39% from fat) • carb. 48g • pro. 6g • fat 16g • sat. fat 8g • chol. 49mg • sod. 278mg • calc. 51mg • fiber 3g

Winter Fruit Crisp

Makes 8 to 12 servings (7 cups)

Fruit

- cooking spray
- 7 ounces mixed dried fruits (apples, pears, apricots, dried plums)
- 2 large Golden Delicious apples, peeled, cored and cut into ⅛-inch squares
- 3 Bosc pears, peeled, cored and cut into ⅛-inch squares
- 1 cup dried cranberries
- 1 whole cinnamon stick
- grated zest of one orange
- ½ cup sugar
- 1 tablespoon chopped crystallized ginger or 1 teaspoon ground ginger
- ½ teaspoon freshly grated nutmeg
- 1 tablespoon dark rum or brandy
- 1 teaspoon pure vanilla extract

Crumb Topping

- 1 cup unbleached, all-purpose flour
- 1 cup uncooked oats, quick or regular
- ¾ cup packed brown sugar
- ½ teaspoon freshly grated nutmeg
- 12 tablespoons unsalted butter, softened (1½ sticks)

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray. Cut any large pieces of dried fruit into 1- to 2-inch pieces; place in prepared slow cooker. Add dried fruits, apples, pears and cranberries; stir gently. Add cinnamon, orange zest, sugar, ginger, nutmeg, rum and vanilla; stir gently to combine.

Place the flour, oats, brown sugar, and nutmeg in a medium bowl; stir. Add the butter and knead, using fingers, until the mixture resembles large crumbs. Sprinkle this crumb topping over fruit, patting it down lightly. Cover and press the on/off button to turn the unit on. Set time to 4 hours and press Low; slow cooker will automatically switch to Warm when cooking time has elapsed until ready to serve. When done, fruits will be tender and bubbling and topping will be lightly browned.

Serve warm with ice cream or frozen yogurt.

Nutritional information per serving (based on 12 servings):
Calories 371 (29% from fat) • carb. 64g • pro. 3g • fat 13g • sat. fat 7g • chol. 31mg • sod. 14mg • calc. 38mg • fiber 5g

Cuisinart®

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East Windsor, NJ 08520
Printed in China

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A PG-20272

Starlite Electronic Pre-Press System

Version No.: **PSC650 PG-20272**
Size: **229mm(W)X 152mm(H)(New)**
Material Cover: **157 GSM MATT ARTPAPER**
Inside: **120 GSM GLOSS ARTPAPER**
Coating: **varnishing in cover**
Color : **Cover And 2nd Page: 4C+0C**
Inside:1C(Black)+1C(Black)
Date: **2007-08-17** Co-ordinator: **Astor_You**

Client: **Z0013**
Starlite No: **111654IBB**
Proof: **1st**
Handled By: **P000258**

Cyan Magenta Yellow Black

5	10	20	30	40	50	60	70	80	90	100
5	10	20	30	40	50	60	70	80	90	100
5	10	20	30	40	50	60	70	80	90	100
5	10	20	30	40	50	60	70	80	90	100